

This information is not new but as we head into the winter season, it is a reminder of our guidelines on when a student should stay home from school. Please follow the sick day guidelines and do not send students to school ill or back to school too soon. If getting behind in school work is a concern, home work can be sent home by your student's teachers or maybe consider half days for your student until they regain their energy. There are some tough viruses this year that need to run their course and for students to get better they need to rest at home.

A child should stay home from school if he/she has:

- *A fever of 100 degrees or higher
- *Vomiting-may return to school 24 hours after last episode
- *Diarrhea is 3 or more loose watery stools in 24 hours or a sudden onset of loose stools, may return to school 24 hours after last episode
- *Symptoms that keep him or her from participating in school, such as:
 - +Extreme fatigue or lack of appetite
 - +A cough that cannot be controlled by cough syrup or cough drops; could be bronchitis. Bronchitis may require a physician's visit to help with recovery.
 - +**Severe**- headache, body aches or earache
 - +**Severe**-Sore throat; could be strep throat, even if there is no feverSymptoms that can also be seen with strep throat in children are headaches, stomach upset and/or a skin rash. Strep throat is diagnosed by your child having a throat swab in your health care provider's office. A diagnosis of strep means a child should be on antibiotics for 24 hours before returning to school.

You should keep your child home until his/her fever has been gone for 24 hours without the use of medications. A child who returns to school too soon may slow his/her recovery and expose other students unnecessarily to illness.

You should keep your child home until 24 hours after the last vomiting or diarrhea episode to give your child time to recover completely and to not expose other children to illness.

In the school setting, illness can be spread easily and quickly. Please help others from becoming ill by keeping your child home during the worst of his/her illness.

If you have any questions about your child's health, please contact me at the school. Thank You!