

Illness Guidelines for Keeping Your Child at Home

We coordinate with the Spokane Regional Health District in protecting children from communicable diseases. If your child has any of these symptoms, please keep him/her home, or make appropriate child care arrangements.

- **APPEARANCE, BEHAVIOR** – unusually tired, pale, lack of appetite, difficult to wake, confused, or irritable. This is sufficient reason to exclude a child from school.
- **COUGHING, CHRONIC COUGH** – If persistent and accompanied by other symptoms such as episodes of coughing followed by gagging, or a whooping/barking sound, vomiting, fever, loss of appetite, or weight loss, then medical evaluation is needed.
- **EAR INFECTIONS WITHOUT FEVER** – do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss. When blood or pus is draining from the ear, the student needs to be referred for medical evaluation.
- **EYES** – appear red and irritated, thick mucus or pus draining from one or both eye(s). Contact your health care provider for possible conjunctivitis (pink eye) and treatment.
- **DIARRHEA** – 3 or more watery stools in a 24 hour period. Keep your child home until symptoms subside. Contact your health care provider if symptoms persist.
- **FEVER** – temperature of 100 degrees Fahrenheit or higher. Students need to be fever-free for 24 hours before returning to school, **WITHOUT** using medications to reduce fever.
- **GREENISH NOSE DISCHARGE** – Nasal discharge accompanied by a fever or headache, may need medical evaluation.
- **IMPETIGO** – a bacterial skin eruption beginning with a small blister and later may contain pus and become scabbed. The secretions from the sores, which are frequently found around the nose and mouth, are very contagious. Contact your health care provider.
- **LICE** – May return to school after live lice have been removed.
- **SCABIES** – May return to school after treatment.
- **RASH** – body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious. Please contact your health care provider for evaluation to determine if infectious.
- **SORE THROAT** – a persistent sore throat with additional symptoms (i.e. fever, swollen glands in the neck, stomachache, or headache).
- **VOMITING** – within the past 24 hours.

IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS WHILE AT SCHOOL, IT WILL BE NECESSARY TO PICK HIM/HER UP FROM SCHOOL.

- Bringing a child to school with any of the above symptoms puts other children and staff at risk of getting sick.
- If all parents keep their sick children at home, we will have stronger, healthier, and happier children.
- While we regret any inconvenience this may cause, in the long run this means fewer lost work days and less illness for parents too.

Thank you, Mead School District Nurses