

# Helpful Guidelines for School Attendance

**Keeping students healthy can be a major effort for both school personnel and parents. Here are some guidelines to consider when deciding whether your child should attend school.**

1. **FEVER** is a sign of illness or infection. If your child has a temperature of 100° or above, he/she should remain at home. Children must be free of fever for 24 hours without fever medication before returning to school.
2. **VOMITING AND DIARRHEA** are often contagious. Your child should be watched closely for dehydration and/or bloody stools. Children must be free of diarrhea and vomiting for 24 hours before returning to school.
3. **RUNNY NOSES AND COUGHS** - Children often have runny noses and coughs during the cold and allergy seasons. These should be watched carefully. Your child should remain at home if he/she is too uncomfortable to benefit from instruction, has a frequent cough and/or thick, discolored nasal discharge. If these symptoms persist, a doctor should be consulted.
4. **ASTHMA** is a chronic inflammatory lung disease characterized by recurrent attacks of breathing problems. Keep your children at home and seek medical advice when they have a fever, signs of infection, wheezing which continues to increase one hour after medicine is taken, they are too weak/tired to take part in routine daily activities or breathing is labored, irregular or rapid.
5. **RINGWORM** is a fungal infection of the skin and may be spread from one child to the other. The student must be seen by a doctor and be on medication for 24 hours before returning to school. A note from the doctor is required before being admitted to class. ALL INFECTED AREAS MUST BE COVERED.
6. **RASHES** vary widely, both in appearance and severity. A doctor should be consulted if a rash accompanies an illness, if the rash covers a large portion of the body, if the rash is spreading, or if the child is too uncomfortable (itching, pain). If it is necessary to consult a doctor, a letter is required when returning to school.
7. **SORES** may be caused by a bacterial skin infection. These often begin around the nose and mouth but may appear at the site of a minor injury and then spread to normal skin nearby. This type infection is contagious and may cause serious problems for the infected child. A doctor's note is required when returning to school, and the student must have been on prescribed medication for 24 hours.
8. **PINKEYE** is another common condition seen in schools. It is contagious and must be treated with a medication prescribed by a doctor. Symptoms include redness, itching, swelling, drainage and excessive matter upon awakening in the morning. (Eye lids may be "stuck" together). Do not send student to school with these symptoms. Student may return to school after being on medication for 24 hours and if symptoms have disappeared. A note stating the name of the medication used is required.
9. **HEAD LICE** is often a problem. Any child can get head lice, but it is treatable with time and patience. Our school system follows a "NIT FREE" policy. This means a child must be clear of lice and/or eggs before returning to school. Parents are asked to bring student to school where he/she can be checked in their presence, by school personnel before admitted to class,

**Thank you for helping us keep your children healthy!**

