



Sick Day Guidelines

In an effort to control illness and communicable diseases, we ask for your cooperation by **following these guidelines:**

1. First and most importantly, practice frequent hand washing using plenty of soap and water. We will be promoting proper hand washing in school and would appreciate your reinforcement at home. Wash hands before drinking, handling utensils, food, using the bathroom, playing with pets or caring for someone who is sick.
2. **Do not** send your child to school with an abnormal temperature - 100 degrees or above.
3. **Do not** send your child to school until he/she has been **fever-free for 24 hours** without Tylenol or Ibuprofen.
4. **Do not** send your child to school if he/she has been vomiting or had diarrhea during the night and/or early morning hours.
5. If your physician is considering streptococcal infection, and a throat culture has been taken, **do not** send your child to school **until the results are known**. If results are positive, your child should have **AT LEAST 24 hours** of an antibiotic before returning to school.
6. When your child has been diagnosed with an infection, (i.e., pneumonia, bronchitis, strep, scarlet fever), and your doctor prescribes an antibiotic, the antibiotic must be taken for **24 hours before returning to school**.

Please note: when it is necessary for a student to take medication during school hours, we must have on file: **1) a note from the physician** stating permission for the antibiotic to be given during school hours; and **2) a note from the parent** stating permission for the antibiotic to be given during school hours. A note from **both** the doctor and the parent is needed.

7. When nasal secretions are particularly thick and copious and/or the discharge is green in color, please **keep your child home** until it clears, becomes less heavy, or the child is checked by a physician.
8. If your child has cold or flu-like symptoms and is dealing with a **severe or chronic cough**, please keep the child home so as not to spread the germs to other students or **the teacher**.
9. Strengthen resistance by maintaining a healthy diet, exercising regularly and getting plenty of rest.
10. When the school nurse/staff sends a sick child home, **arrangements for the child to go home should be within the hour**.