



HEALTH GUIDELINES FOR SCHOOL ATTENDANCE

In order to provide a healthy school environment for all children and staff, the following guidelines have been prepared to assist you in decisions relating to your child's health and school attendance.

- ❖ If your child is not feeling well and you are uncertain about sending them to school on any given day, it is best to keep your child home and observe them for worsening symptoms.
- ❖ If a child is too ill to attend school in the morning, it is recommended that they stay home all day.
- ❖ When you make the decision to keep your child home, please notify the school secretary or attendance line that your child will be absent and state the nature of your child's illness. You are required to notify the school each day your child will be absent.
- ❖ These are general guidelines. School nurses may use clinical judgment to decide whether or not to exclude a student.

COVID-19	Student may return to school after 5 days as long as they're feeling well, have improving symptoms and are fever-free for 24 hours. (Day 0 is the day that symptoms began or the date of positive test for those that are asymptomatic.)
Colds / Flu	Student needs to remain home if they have an excessive runny nose, excessive coughing, difficulty breathing or temperature at or above 100.4°F, or looks or acts very ill.
Diarrhea	If student has diarrhea 2 times in a day, they need to remain at home until diarrhea subsides and no other signs of illness exist. If student wears diapers, they need to remain at home until diarrhea resolves.
Ear Infection	Student should be evaluated by a physician if they complain of ear pain. Early treatment can help ward off permanent damage to the ear which could result in hearing loss.
Eye Infection	Redness with drainage, or watering of the eyes requires assessment to determine the cause of the conjunctivitis or possible eye injury. Student will be excluded for purulent (pink or red conjunctiva with white or yellow drainage). Student must remain home until treated or eyes are no longer red with drainage.
Fever	Student will be excluded from school with a temperature at or above 100.4°F. Student may return to school when they have been fever-free (less than 100.4°F) without fever-reducing medication for at least 24 hours.
Headache	Return to school when symptoms resolve. Note: If severe headache with vomiting or stiff neck contact your physician for further evaluation as this might be symptoms of meningitis.
Head Lice	Student must be treated with shampoo or rinse as recommended by your doctor or pharmacy and may return to school after treatment, when the hair is nit-free. Notify the school nurse if your child has head lice and sign the Verification of Treatment Form when student returns to school.
Rash	Student may remain at school unless rash has oozing/open areas that cannot be covered. Student needs to stay at home or be sent home if the rash is accompanied by a fever, behavior changes, or feeling ill. If student has been diagnosed with impetigo, scabies or ringworm, they may return to school once treatment is started.
School Injuries	The nurse, health assistant, or other school staff will assess the injury, administer first aid, and notify parents as soon as possible, by phone and/or note, as to the type and status of injury.
Serious Injuries and Surgeries	The school nurse is to be notified when a student has sustained a serious injury or has had surgery. A note from the physician must describe any limitations or special needs when student is cleared to return to school. Possible modifications to school schedule, physical activity, and mobility on the school campus should be evaluated.
Sore Throat / Strep Throat	Student needs to stay home if they have an inability to swallow, excessive drooling, difficulty breathing, fever or behavior change. Student needs to be treated with antibiotics for 24 hours before returning to school if there is a positive throat culture.
Stomachache	Has student eaten? Student should be excluded with severe pain causing doubling over, crying, screaming, abdominal injury, diarrhea, vomiting, looks and acts ill. Student may return to school when pain resolves and/or is symptom free.
Vomiting	Student is to remain at home if they have vomited two or more times within the past 24 hours. For a student who has one occurrence of vomiting at school, they may remain at school if there are no other signs or symptoms of illness.

Source: [American Academy of Pediatrics Recommendations for School Exclusion](#)