

**WHEN TO KEEP YOUR CHILD HOME**

Appearance/Behavior	Unusually tired, pale, difficult to wake, confused or irritable with lack of appetite
Common Cold	A long-term (chronic) greenish nose discharge, and/or chronic cough are symptoms that should be seen by a doctor
Sore Throat	Especially with fever or swollen glands in the neck
Ear Infection	After receiving medical treatment a student may attend school. Untreated ear infections can cause permanent hearing loss and even more serious problems.
Fever	Temperature of 100 degrees or higher. A student may return to school <b>when he or she is fever free for 24 hours without the help of medication.</b>
Vomiting	One or more times within the past 24 hours
Diarrhea	Three or more watery stools in a 24-hour period, especially if the student acts or looks ill.
Eyes	Thick mucus or pus draining from the eye or pink eye. A student may return to school 24 hours after starting treatment.
Rash	Especially with pus, fluid, fever or itching

**The rule of thumb is: a child should be fever free, diarrhea free, or vomit free for at least 24 hours, without the help of medication, or until your doctor sends a note that states the condition is not contagious and it is OK for your child to come back to school.** If your child is being treated for a known infection with antibiotics, they must be on the antibiotics for a full 24 hours before returning to school. Students should not be sent to school with an illness that could be spread to others

Sometimes it is hard to decide whether to send your child to school when he/she is not feeling their best. Rarely is there a convenient situation when your child is ill. Often, you have to think about work schedules, childcare arrangements, transportation and additional family matters in that decision, and of course, you want what is best for your child's health.

District 35 feels very strongly that good attendance is vital to your child's success at school. However, there are important health reasons for keeping your child home from school, so here are some important guidelines to consider when you hear those words, "I don't feel well; I can't go to school today". These guidelines must be enforced for **the comfort, welfare and safety of all of our students.**

**Here are some steps that can be taken to prevent an illness:**

1. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick also.
2. Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, cough into your elbow.
3. Wash your hands frequently. When soap is not available alcohol-based disposable hand wipes or gel sanitizers may be used.
4. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
5. Get plenty of sleep.
6. Drink lots of water, eat good healthy foods, and get plenty of exercise.

Thank you.

Sincerely,

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