

Illnesses

When to Keep Your Child Home Due to Illness

The 24-Hour Test

If your child has the following symptoms or diagnoses, please let him/her rest at home for 24 hours:

1. **A temperature of 100 degrees or more.** A child's temperature is lowest in the morning and is, therefore, not the best indicator of what the temperature will be during the school day after an illness. A fever can rebound later in the day. Waiting 24 hours provides more time to properly evaluate a child's fever.
2. **Vomiting/diarrhea.** A child who has been ill during the night may feel slightly better in the morning and even ask to go to school. However, the child may likely experience symptoms later, may also be tired from a loss of sleep, and may still be contagious to other children.
3. **A strep throat or scarlet fever diagnosis.** A child cannot return to school until 24 hours after antibiotic treatment has begun and the fever has subsided. A child remains contagious until he/she has been on antibiotics for 24 hours.
4. **Infectious conjunctivitis (pink eye) diagnosis.** A child may return to school 24 hours after prescription treatment has begun.
5. **Ringworm.** Ringworm is a contagious fungal infection of the skin. A child may return to school 24 hours after topical or oral antifungal treatment has begun.
6. **Impetigo.** Impetigo is a contagious bacterial skin infection and needs to be diagnosed medically. It requires treatment with either oral or topical antibiotics. A child can return to school 24 hours after prescription treatment has begun.

Other symptoms that should keep a child home from school are the following:

1. A rash that is undiagnosed.

2. Reddened eyes that are not related to allergy symptoms, especially if drainage and itching are present.
3. A persistent cough, chest congestion, or discolored and frequent nasal discharge. Very few younger children can effectively wipe their noses and contain the spread of organisms from persistent coughing and sneezing. Therefore, a child with the above symptoms will quickly spread the illness to other children. When colds and coughs are less severe, children can and should be in school.

The health office tracks infectious disease occurrences in order to provide parents and school staff members with information about their prevalence and any needed precautions. Please report communicable diseases to the school office. The following are some examples of illnesses that should be reported to the health office: chickenpox, strep throat or scarlet fever, conjunctivitis (pink eye), ringworm, fifth disease, impetigo, scabies, and meningitis.