



SARALAND CITY SCHOOL SYSTEM HEALTH RECOMMENDATIONS:

When Your Child Should NOT Be At School

Many parents are concerned about when to keep children who have been ill home from school. These are a few of the most common reasons children should stay home or may be sent home from school.

1. **FEVER:** Your child should stay home if he/she has a fever of **100 degrees** (orally) or higher and should remain home for 24 hours after the fever has gone without medication.
2. **VOMITING AND/OR DIARRHEA:** Your child should stay home if he/she has vomited or has had diarrhea (more than two or three loose stools) just prior to the start of the school day and remain at home for 24 hours after the vomiting/diarrhea have subsided. If one or two loose stools are present along with vomiting or fever your child should remain at home. If diarrhea continues for more than 48 hours your child will need a doctor's written statement to return to school.
3. **PINKEYE:** Conjunctivitis can be very contagious. If the white of your child's eye is red and has a thick yellow or greenish colored drainage, you should keep your child at home.
 - **Drainage due to allergies is usually clear and involves both eyes simultaneously.**
 - **Pinkeye can involve only one eye at a time.**
 - **Children with pinkeye are usually light sensitive, and complain of itching, burning in the eye(s), swollen eyelids, and dried discharge on eyelids upon awakening.**
4. **HEAD LICE:** Children with *live bugs* will not be allowed in school until their heads have been treated and the nits removed. All nits *must* be removed to prevent re-infestation.
5. **IMPETIGO:** Impetigo are sores that have become infected, and can be found anywhere on the body including the face. The sores can drain infected material before becoming crusty. If the sores have not dried, they will need to be covered while the child is in school. Your child can return to school once treated by a physician for at least 24 hrs. Upon returning to school the parent/guardian will need to provide a written statement from the treating physician.
6. **RINGWORM:** Ringworm is a fungal infection of the skin, hair, and nails. Ringworms must be covered with a clean dressing while the child is at school. Ringworm of the head (hair) will need to be evaluated by a physician.
7. **RASHES:** Any child that has an undiagnosed rash cannot come to school. When the child is sent home from school with a rash, a physician's note is required for the child to return to school.
8. **COUGHING/SNEEZING/NASAL DRAINAGE:** Your child should not come to school with excessive coughing, sneezing, and nasal drainage. If the child has been kept awake at night with these interruptions, please allow the child to recover at home.
9. **STREP THROAT:** If your child has been diagnosed as having strep throat (this requires a special test by a health care provider), your child should stay home for 48 hours after antibiotic therapy has been started by a physician.

******Please keep emergency phone numbers in the school office current.**