



## Childhood Illness: When to keep your child home from school

Deciding if a sick child should be sent to school or kept home can be difficult. These student health guidelines will make decisions easier.

Students should be kept home if during the night or early morning they have:

- Nausea/vomiting – two or more times.
- Diarrhea – two or more loose, watery stools.
- Fever – oral temperature 100 degrees or higher within the last 24 hours.
- Any discharge from the ear.
- Any unknown, undiagnosed rash.
- Skin sores that are oozing or the drainage cannot be contained in a dressing.
- Wheezing, croupy cough, and/or cough producing green mucous.
- Ringworm – a fungal infection that has not been treated by doctor.

Please telephone your child's doctor or clinic for advice about treatment. Some conditions will require a doctor's visit and prescription medication. Your child's school may ask you to provide proof of treatment. Follow the doctor's or nurse's advice about when to return to school.

### Common Contagious Conditions

- Chickenpox Stay out of school for the first six days or until last pox (blister) has dried.
- Fifth Disease May attend school with rash if child feels well. Please inform the teacher if your child's doctor has made this diagnosis. Pregnant women exposed to fifth disease should alert their doctors.
- Head Lice May return to school after treatment with special shampoo or crème rinse and removal of a significant amount (75%) of nits (lice eggs attached to hairs). *Guilford County Schools, 2006*
- Covid 19 May return after 5 days from symptoms starting if fever free and symptoms improving.

**Please inform teachers of any changes in home or work telephone numbers. List another adult as an emergency contact if a child is sick or injured.**

Your cooperation with these guidelines will help us keep a healthier school environment for all children.

For more information contact the Guilford County Department of Public Health at 641-7777 or [www.guilfordcountync.org](http://www.guilfordcountync.org)