

# HOW SICK IS “TOO SICK” TO ATTEND SCHOOL?

## A MESSAGE FROM YOUR SCHOOL NURSE

*Children get sick and we do not want them to miss any more school than necessary. So how sick is TOO SICK for school?*

*There are times when you should keep your child home from school. If a child is sick, you should know that keeping them home improves the time required for getting well. You also reduce the possibility of spreading illness. Here are some common illnesses that are reasons for keeping a child home:*

**Diarrhea:** Frequent loose or watery stools compared with normal pattern, abdominal cramps, fever, generally not feeling well. **Exclude until no diarrhea for 24 hours.**

**Vomiting:** Nausea, vomiting, or cramping. **Exclude until no vomiting for 24 hours or until the individual provides medical documentation that the cause is not infectious.**

**Common Cold:** Sore throat, runny nose, coughing, sneezing, headaches, and body aches. **Exclude until symptoms subside and exercise droplet precautions.**

**Pink Eye (Bacterial or viral conjunctivitis):** Red/pink itchy, swollen eyes; eye discharge; possible light sensitivity; and/or eye pain. **Exclude if the child/student has a white or yellow drainage coming from the eye or eye pain and until evaluated by a physician.**

**Strep throat (Streptococcal pharyngitis):** Fever, red sore throat, swollen glands, strawberry tongue (occurs following peeling of a white coating from tongue): A very fine raised rash (feels like sandpaper) is present on the neck, chest, elbow and groin. **Exclude until 24 hours after beginning appropriate antimicrobial therapy and no longer have a fever.**

**Fever: 100 or above,** with any accompanying symptoms, **must be 24 hours fever free without the use of a fever-reducing medication.**

**Undiagnosed Rash:** Your child should not attend school until the **rash has been diagnosed and treated and verified that the rash is not contagious.**

\*\*Then there are times when your child looks and feels like he/she is too ill to attend school. If so, your child should remain home.

**\*\*\* This form does not include  
COVID-19 Major or Minor symptom exclusions\*\*\***