

**Greenbrook Elementary School  
Health Office**

**Sick Children ... Send to School or Keep Home?**

Deciding when a child is too sick to go to school can be a difficult decision for parents to make. When trying to decide, use the guidelines below to help you.

**GO TO SCHOOL** – If your child has any of the following symptoms, they should probably go to school.

- Sniffles, a runny nose and a mild cough without a fever (this could be an allergic response to dust, pollen or seasonal changes).
- Vague complaints of aches, pains or feeling tired.

**Stay at Home** – If your child has any of the following symptoms, please keep your child at home.

- **APPEARANCE, BEHAVIOR** – unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to keep your child at home.
- **EYES** – Thick mucus or pus draining from the eye or pink coloring on the whites of the eye. (With pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, and redness. Your child may complain of eye pain and/or feeling scratchy. A medical evaluation is needed. If contagious, your child must be treated with prescriptive medication for 24 hours before returning to school.
- **FEVER** – temperature of 100° F or higher. Remember that a child **must be fever free for 24 hours, without the use of fever reducing medications, before returning to school.**
- **GREENISH NOSE DISCHARGE AND/OR A CHRONIC COUGH** – should be seen by a health care practitioner. These conditions may be contagious and require medical treatment.
- **SORE THROAT** – especially with fever or swollen glands in the neck. Children should not be sent to school until the result of a Strep test is known. (With Strep throat, the child may return to school after 24 hours on antibiotics.)
- **DIARRHEA** – during the night, in the morning before school or three (3) or more watery stools in a 24 hour period, especially if the child acts or looks ill.
- **VOMITING** – during the night or in the morning before school or vomiting two (2) or more times within the past 24 hours.
- **RASH** – body rash especially with a fever or itching. If the cause of the rash is unknown and/or causes discomfort to the child, a medical evaluation is warranted. Heat rashes and allergic reactions are not contagious.
- **EAR INFECTIONS WITHOUT FEVER** – do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.
- **LICE, SCABIES, RINGWORM** – these are contagious diseases. Children may not return to school until they have been treated. A medical evaluation may or may not be necessary. All children need to be evaluated by the School Nurse before re-entering school. Please call the school nurse for details.
- **CHICKEN POX** – children must stay at home for five (5) days after the onset of blisters, or until all pox are scabbed over and dry. All children must be evaluated by the School Nurse before re-entry to school.

**BRINGING A CHILD TO SCHOOL WITH ANY OF THE ABOVE SYMPTOMS PUTS OTHER CHILDREN AND STAFF AT RISK OF GETTING SICK.**

**IF ALL PARENTS KEEP THEIR SICK CHILDREN AT HOME, WE WILL HAVE STRONGER AND HAPPIER CHILDREN.**

**WHILE WE REGRET ANY INCONVENIENCE THIS MAY CAUSE, IN THE LONG RUN THIS MEANS FEWER LOST WORK DAYS AND LESS ILLNESS FOR PARENTS, CHILDREN AND STAFF.**