

Student Illness Notice

Although attendance is important, there are times when it is best for a child to stay at home.

Please follow these guidelines to determine if you should keep your child home from school:



- ☺ If your child has a fever, they CANNOT be in school. Anything 100 degrees and above is considered a fever.
- ☺ Students must be fever free for 24 hours before returning to school.
- ☺ If your child has vomited or had diarrhea in the last 24 hours, please keep them home at least one more day.
- ☺ If you suspect your child has conjunctivitis (pink eye) or strep throat, they should be seen by a doctor before coming to school. A doctor's note is required before returning to school. Students need to be on the prescribed medication for at least 24 hours before returning to school for either conjunctivitis (pink eye) or strep throat.

Flu Symptoms

- ☺ Fever (102-104), lasting 3-5 days
- ☺ Headache, severe muscle and joint aches
- ☺ Sore throat
- ☺ Tiredness, can be extreme and last 2 weeks or more
- ☺ Dry Cough
- ☺ Runny or stuffy Nose

If you get the flu, the best way to take care of yourself is to rest in bed and drink plenty of liquids like water and other non-caffeinated drinks. Stay home from school until you feel better and your temperature has returned to normal.

As with any illness use your judgment, if your child does not seem to be improving as he/she should, please contact your doctor and get them checked.

Please contact the nurse if you have any questions.