



Guidelines for Keeping Children Home from School Due to Illness

Many parents ask, "When is my child sick enough to stay home from school?" This is not always an easy question to answer! We hope that these guidelines can help!

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest planning for childcare ahead of time so you will not be caught without a comforting place for your child to stay if they are ill.

Our school strongly suggests that you should **NOT** send your child to school if they have:

- Common cold – irritated throat, watery discharge from the nose or eyes, sneezing, chills and/or general body aches. Keep your child home if symptoms are serious enough to interfere with your child's ability to learn. Seek care from the doctor if symptoms persist beyond 7-10 days, fever or cough producing phlegm develops, or nasal discharge becomes yellow or green.
- Cough – Cough that interferes with the child's ability to fully participate in classroom activities. Seek care from the doctor if the cough lasts beyond 7-10 days, or if coughing phlegm.
- Fever – If the child's temperature is 99.9 degrees or higher, the child **must** remain home until they are fever free, without the use of fever reducing medicine, for a full 24 hours. A fever is a symptom indicating the presence of an illness.
- Flu – symptoms include abrupt onset of fever, chills, headache, and sore muscles. Runny nose, sore throat and cough are common. Your child **must** remain at home until symptoms are improved and they are fever free, without the use of fever reducing medicine, for a full 24 hours.
- Head Lice – Lice are small grayish-tan, wingless insects that lay eggs called nits which attach to the hair shaft, close to the scalp. Nits are easier to see and detect than live lice. Nits are small whitish specks usually found on the hair behind the ears, at the nape of neck or crown of the head. If live lice are found, your child **MUST** be treated. Your child **must** report to the school nurse upon returning to school.
- Impetigo – This is a skin rash that turns into fluid filled blisters, which can open and become runny or crusty. Impetigo requires treatment from a doctor. Your child **must** remain home until your child has completed 24 hours of antibiotic treatment and the rash is no longer draining.
- Pain – If your child complains or their behavior indicates they are having persistent pain, they should see a doctor before being sent to school.



- Pinkeye – The white of the eye appears red, swollen, burns, itches or has pus-like drainage. This requires treatment from a doctor. Your child **must** remain home until they have completed 24 hours of antibiotic treatment.
- Strep Throat – The throat appears severely red, swollen or has whitish pus spots. Other symptoms include throat soreness, fever, swollen glands of the neck, nausea, or vomiting. This requires treatment from a doctor. Your child **must** remain home until they have completed 24 hours of antibiotic treatment, fever free, without the use of fever reducing medicine, for 24 hours, and no longer vomiting.
- Skin Rashes – If your child has a rash of unknown origin, they **must** be seen by a doctor before coming into school.
- Vomiting & Diarrhea – Your child **must** remain at home until they are without vomiting, diarrhea, or fever for a full 24 hours.

If your child becomes ill at school and the teacher or school nurse feel the child is too sick to benefit from school or is contagious to other children, you will be called to pick them up from school, and possibly take to the doctor for further medical assessment or intervention. It is essential that the school has a phone number where you can be contacted during the day *and* an emergency number in the event you cannot be reached. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. If your daytime or emergency phone number changes during the year, please notify us immediately.

Please call the school’s Health Office if you have any questions or concerns.

IROQUOIS DISTRICT SCHOOL NURSES

HIGH SCHOOL	ph#716-652-3000 x7600	fax# 716-995-2449
MIDDLE SCHOOL	ph#716-652-3000 x6600	fax# 716-995-2455
ELMA PRIMARY	ph#716-652-3000 x2600	fax# 716-805-7040
MARILLA PRIMARY	ph#716-652-3000 x3600	fax# 716-805-7046
WALES PRIMARY	ph#716-652-3000 x4600	fax# 716-805-7075

*Information taken from NY State and Erie County Departments of Health Guidelines
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