



## Parent – ILLNESS GUIDELINES

Snohomish School District No. 201, Snohomish, WA 98290

### IS YOUR CHILD TOO SICK FOR SCHOOL?

As a parent, you can help prevent the spread of illness by not sending a sick child to school or child care. In determining whether to keep your child home, we encourage you to consider: 1) is your child rested and alert enough to learn, pay attention in class, and able to participate in all school activities, including recess; 2) is your child's illness contagious to others? Please use the following guidelines.

- **APPEARANCE, BEHAVIOR** – A child that is difficult to wake, unusually tired, pale, irritable and/or lacking in normal appetite should remain at home. These symptoms could indicate the onset of illness.
- **FEVER** – A temperature of 100.4 F (38C) or higher suggests infectious illness. Your child should be fever free for 24 hours (without medicine) before returning to school.
- **COLD SYMPTOMS**- A child with a “mild” cold but otherwise feeling well may go to school. A child with a “heavy” cold or deep hacking cough belongs at home in bed. Greenish nasal discharge and/or a chronic cough should be medically evaluated with provider clearance for school return. A mild sore throat is usually not a problem but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Keep your child home from school and have your child medically evaluated. If strep has been diagnosed, (s)he may return to school as early as 24 hours after antibiotic treatment begins.
- **EYES** – White or yellow drainage from the eye, altered vision, and/or redness of the eyelid or skin surrounding the eye requires medical evaluation and provider clearance for school return. Pink eye is highly contagious.
- **DIARRHEA AND/OR VOMITING** – 3 or more watery stools in a 24 hour period and 2 or more episodes of vomiting in the past 24 hours is reason to keep your child at home. Please keep your child home for 24 hours after the last episode (without medicine). A single episode of diarrhea or even vomiting, unaccompanied by any other symptoms, *may* not be reason enough for the child to miss school – it is best to look at your child's overall condition in determining if (s)he is well enough to attend school. If you do decide to send your child, please be sure that you are available to pick your child up if his or her condition worsens.
- **RASH WITH FEVER OR BEHAVIOR CHANGE** – This may indicate an infectious illness. Please have your child medically evaluated and keep your student at home until (s)he has received provider clearance for school return.
- **EAR INFECTIONS WITHOUT FEVER** –Please have your child medically evaluated as repeated ear infections can cause permanent hearing loss. School exclusion is not necessary unless your child is uncomfortable.
- **CHICKEN POX** – Your child may return to school when all blisters have formed scabs and there is no evidence of new blister formation. This may take 5 to 7 days from onset of blisters.
- **OPEN WOUNDS** – Open wound must be kept covered with a dressing that is taped on all four sides. Any wound that appears to be infected should be evaluated by a medical professional.