

Should I Keep My Child Home From School?

The nurses at Riverview encourage you to follow these guidelines to reduce the spread of communicable disease at school and to promote a healthy environment for students attending school. They were created to help you in making the decision about when to keep your child home from school.

Following is a list of common ailments a child may have. If your child is ill, you may want to discuss these problems with your child's pediatrician to determine if an office visit is needed.

Fever: If your child has a temperature at 100.0 degrees or over they should remain at home. When accompanied by sore throat, nausea, or rash a contagious illness is suspected. He/she should remain at home until fever free for twenty-four hours **without medication.**

Vomiting & Diarrhea: A single episode of vomiting or diarrhea without accompanied fever may not be enough reason to miss school. However, children with watery diarrhea (loose runny stool or cannot get to the bathroom in time) should **remain at home for 24 hours.** If diarrhea or vomiting is frequent or accompanied by fever, keep the child home and consult your doctor.

Runny Nose & Coughing: A minor cold or allergy symptoms (stuffy nose with clear drainage, sneezing, and mild cough) should not be a reason to miss school. If your child's cough is persistent or productive and accompanied by thick or constant nasal drainage, he/she should be kept home.

Sore Throat With Fever: Sudden onset of a sore throat accompanied by a fever may indicate a doctor visit. If the doctor diagnoses strep throat, the student must remain home for **24 hours after antibiotic treatment has begun.**

Pink Eye (Conjunctivitis): If your child's eyes are mildly red and watery and no other symptoms are present, this may indicate irritation or allergy. However, if your child's eyes are markedly red (including under the eyelids) and accompanied by thick, yellow or green drainage, he/she may have pink eye or conjunctivitis. This condition can be caused by a virus, bacteria, or allergies – **only a doctor can determine the cause.** Bacterial conjunctivitis is contagious if a child rubs his/her eyes, and then touches another student or an object that another student uses, and that student then rubs his/her eyes. For this reason, your child should remain home until **24 hours after treatment has begun or the symptoms are gone.**

Rashes: Rashes can be caused by many things, a few of which may be contagious. A sudden appearance of a rash over any part of the body with an unknown cause and accompanied by fever or other symptoms should be evaluated by the doctor. However; a rash caused by poison ivy/poison oak is not contagious and is not a reason to miss school. You can always take the student to the school nurse to see if he/she may remain in school or needs to be seen by the doctor.