



WHEN IS YOUR CHILD TOO SICK TO COME TO SCHOOL?

Guidelines for sending your child/ren to Training Wheels with an illness

• **Fever**- This is one symptom that automatically rules out school, no questions. Any child that has a fever that is 100 degrees or higher is not permitted to attend school. If a fever is discovered you will be asked to pick your child up immediately. Your child should be fever-free without medication for at least 24 hours before s/he can return to school.

• **Diarrhea**- This could be a sign of a viral infection, so it's best to keep your child at home. It's also important to keep rehydrating your child with an oral rehydrating solution (Examples: pedialyte, popsicles, Gatorade, and water) when they have diarrhea, and the best way to do that is by keeping your child at home. Your child should be diarrhea free for 24 hours before returning to school.

• **Vomiting**- Aside from the fact that your child won't be comfortable, one bout of vomiting is usually followed by another. Children cannot attend school if they are vomiting. If the vomiting begins at school, you will be asked to pick them up immediately. Children must be kept home until they have gone 24 hours without vomiting.

• **Cough/ Runny Nose**- This depends on how severe the cough / runny nose is. Coughs / runny noses can spread infection to other students. A serious cough/runny nose can also keep a child from getting a good night's rest, which mean s/ he'll be too tired for school in the morning. If your child has a serious cough/ runny nose, particularly if it's accompanied by breathing troubles call your doctor and keep him/her home. But if it's just a mild cough / mild runny nose and s/ he has no other symptoms, s/he can attend school.

• **Rashes**- Skin rashes could be a sign of a contagious infection, such as impetigo. You should have a rash evaluated by a doctor before sending your child to school.

• **Pinkeye** (conjunctivitis) - This infection can quickly and easily spread from one child to another. The most common pink eye symptoms include: redness in one or both eyes, itchiness in one or both eyes, a discharge in one or both eyes that forms a crust during the night, and tearing. Your child will be sent home from school

immediately and will be able to return with documentation from a physician and 24 hours of an antibiotic.

• **Ringworm** (tinea corporis) - This infection is a fungus that develops on the top layer of your skin which can also be quickly and easily spread from one child to another. Symptoms include an itchy, red circular rash with healthy-looking skin in the middle. Ringworm gets its name from the characteristic ring that can appear, but it has nothing to do with an actual worm under your skin. Your child will be sent home from school immediately and will be able to return with documentation from a physician and 24 hours of an antibiotic.

• **Head lice**- All students found to have lice or nits will be sent home. The child must return to school with a note from a physician indicating that he/she is lice and nit free.

• **Medication and Medication Administration**- In order for your child to take any medication during school hours (over-the-counter medications Ex: Tylenol, Antacids, Motrin, Cough drops and/ or prescription medications Ex: Epi-pen, Inhalers, Antibiotics), you must provide a prescription from a licensed prescriber (Doctor -MD, Nurse Practitioner-CRNP, Physician Assistant- PA) **and** consent from a parent/guardian. Children are not permitted to carry **ANY** medication on them (including cough drops) during school hours unless there is a specific request and prescription from a physician.

Permission from the parent/guardian should contain:

See attached medication log.

A prescription (medication order) from a doctor should contain:

~Student's name

~Name and signature of the licensed prescriber and phone number

~Name of the medication

~Route and dosage of medication

~ Frequency and time of medication administration

~ Date of the order and discontinuation date

~ Specific directions for administration, if necessary.

All medication orders and parental permission must be provided at the beginning of each school

Caring for Our Children was used as a reference for our health policy.

