**USD #248 School Health Services**

***Tips for Parents from the School Health Office***

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 tips 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 making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

Our school policy states that you should not send your child to school if he/she has:

* Fever (100.4o F in the past 24 hours) \*Fever Free without the use of Tylenol, Ibuprofen, etc.
* Vomiting (2 or more times in the past 24 hours)
* Diarrhea (3 or more watery stools in the past 24 hours)
* Chills
* Sore throat (That has last longer than 3 days)
* Strep throat (must be taking an antibiotic for at least 24 hours before returning to school)
* Severe cold (very runny nose, bad cough OR if it has kept the child awake at night)
* Head lice (must have been treated with a pediculocide and be nit free)
* There are many other infectious diseases that require a child to remain home from school for a period of time such as pink eye, chickenpox, mumps and whooping cough (pertussis). Please check with the school first before your child returns to school if he/she has had any of these conditions or any other less common infectious disease.

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 come and take him/her home. 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.