

# Roosevelt Elementary School

December 3, 2019



Shopping, sudden weather changes and other factors may lead to an increase in student illness. This time of year is when cold, flu & other “bugs” hit our homes and infect our bodies. Unfortunately, our children are not immune to these ailments. This often leads us as parents to ask the question, “*Should I keep my child home from school today?*”

While being at school can be a very enjoyable experience, it is also a lot of hard work! Children who are feeling miserable are often unable to participate and engage in learning.

Here are some tips to consider when determining if a child should stay home:

First, the easy ones...

\*If your child is running a fever, or has run a fever in the past 24 hours, he/she should remain home.

\*If your child has vomited in the past 24 hours, or is very nauseous, he/she should remain home.

\*If your child has any type of infectious disease (i.e. pink eye, strep throat, head lice, influenza, etc) he/she should remain home until under treatment according to Wayne County Health Guidelines.

It is more difficult to determine whether your child should stay home when he/she has a runny nose, persistent cough, tummy ache, headache, etc...

Some rules of thumb to consider are:

- ◆ *Will your child be able to manage his/her symptoms during the 7 hour school day? (Remember, the school district policy does not allow our staff to administer, or for children to bring and self-administer, “over the counter” meds, such as cough drops, cold medicine, Tylenol, etc...)*
- ◆ *Will he/she be able to concentrate on schoolwork, complete assignments, participate in class and participate in lunch & recess?*
- ◆ *Are the symptoms likely to infect other children who will be in close proximity?*
- ◆ *Would I want a fellow classmate with the same symptoms to be sitting next to, or across from, my child all day?*

Certainly we encourage children to have excellent school attendance and are not expecting that children will be kept home with every sniffle. We simply ask that you do your best to gauge your child’s symptoms, especially those of the past 24 hours, and allow him/her time to recover when ill. The information on the reverse of this letter may help you determine the best course of action for your child.

Thank you for helping us to keep a healthy school environment for all who enter.

Regards,

Mr. Green

*Symptom by symptom, here are guidelines written by Steven Parker, MD, director of the division of behavioral and developmental pediatrics at Boston Medical Center. Dr. Parker's guidelines should help you decide whether your child should stay home from school:*

### ***Fever***

*If your child is running a fever of 99.4 degrees or higher, keep your child at home. While at home, encourage your child to drink plenty of liquids. **Your child should be fever-free for 24 hours (without medicine) before returning to school.***

### ***Mild Cough/Runny Nose***

*If there's no fever, and the child feels fairly good, school is fine.*

### ***Bad Cough/Cold Symptoms***

*Children with bad coughs need to stay home, and possibly see a doctor. It could be a severe cold or possibly bronchitis, flu, or pneumonia. But when the cough improves, and the child is feeling better, then it's back to school. Don't wait for the cough to disappear entirely -- that could take a week or longer!*

### ***Diarrhea or Vomiting***

*Keep your child home until the illness is over, **and for 24 hours after the last episode** (without medicine).*

### ***Sore Throat***

*A minor 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 contact a doctor. Your child needs a special test to determine if it is strep throat. He or she can return to school 24 hours after antibiotic treatment begins.*

### ***Earache***

*The child needs to see a doctor.*

### ***Pink Eye (Conjunctivitis)***

*Keep the child home until a doctor has given the OK to return to school. Pink eye is highly contagious and most cases are caused by a virus, which will not respond to an antibiotic. Bacterial conjunctivitis will require an antibiotic; your doctor will be able to determine if this is the case.*

### ***Rash***

*Children with a skin rash should see a doctor, as this could be one of several infectious diseases. One possibility is impetigo, a bacterial skin infection that is very contagious and requires antibiotic treatment. Also, fifth disease is a contagious viral illness spread by coughs and sneezes; it's no longer contagious by the time rash appears.*