



# Delta Middle School

## School Nursing Services

### Student Illness Guidelines

One of the problems often confronting parents of school age children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child should stay home or go to school. The following information is a suggested guideline for helping you make the right decision. This information does not replace advice by a doctor. This guidance was developed so children have an optimum learning environment and to reduce spreading illness to other students. Do not hesitate to call your doctor with questions and to seek advice.

#### Fever

- Any student with a temperature of **100.4 F or above** will be sent home from school. Please keep your child home until the temperature is normal for at least **24 hours without the use of fever-reducing medications** (Tylenol, Ibuprofen).

#### Vomiting/Diarrhea

- Any student with vomiting and/or diarrhea will be sent home from school even if they do not have a temperature. Please keep your child home until **24 hours symptom free** before returning to school.
- If your child has a medical diagnosis explaining recurring vomiting/diarrhea, please discuss this with the clinic staff so an appropriate plan can be developed for your child.

#### Colds, cough, sore throat

- The common cold may be of the most frequent problems for parents. Ask yourself these questions when determining if your child will have a successful day at school: Is their temperature normal? Will they use tissues appropriately? Is their cough so persistent that it may disrupt others? Did the cough keep them from getting a good night's rest? Is your child's throat so sore it prevents them from eating or drinking? Have these symptoms persisted more than 3-4 days?
- These may be reasons for your child to be sent home from school. If they develop fever or are tired or run down from excessive coughing, they should stay home.

Use this quick reference table if you are unsure if your student should attend school.

Send to school:

Keep home from school:

<b>Fever</b>	During the past 24 hours, the student's temperature has been below 100.4 F and no fever reducing medication has been taken.	During the past 24 hours, the student's temperature has been more than 100.4 F and/or medication has been needed.
<b>Diarrhea</b>	During the past 24 hours, no more than one watery stool has occurred.	During the past 24 hours, more than one watery stool has occurred.
<b>Vomiting</b>	During the past 24 hours, no vomiting has occurred.	During the past 24 hours, vomiting has occurred.
<b>Eyes</b>	Eyes may be itchy, but are not red, swollen, crusty or draining.	Eyes are pink, draining, crusty, painful, sensitive to light, or student has vision changes.
<b>Cough/runny nose</b>	Slight cough or runny nose, but no fever, and the student is able to cover cough, blow nose, and wash hands.	Cough is uncontrollable, symptoms are severe enough to impede learning, cough is accompanied by fever.
<b>Rash</b>	Rash is not draining or spreading. The student does not have a fever, and symptoms of itching are not severe enough to impede learning.	Evidence of impetigo or persistent skin disorder, rash is bothersome or distracting, rash is accompanied by fever, rash is spreading or draining.
<b>Ears</b>	Ears may be tender but are not draining.	Ears are draining fluid or blood.

