



## Childhood Illness: When to keep your child home from school or childcare

Deciding if a sick child should be sent to school or childcare or kept home can be difficult. These health guidelines will make the decision easier.

Children should be kept home if during the night or early morning they have:

- Nausea/vomiting – two or more times.
- Diarrhea – two or more loose, watery stools.
- Fever – oral temperature 100 degrees or higher in the last 24 hours.
- Any discharge from the ear.
- Any unknown, undiagnosed rash.
- Skin sores that are oozing or the drainage cannot be contained in a dressing.
- Wheezing, croupy cough and/or cough producing green mucous.
- Ringworm – a fungal infection that has not been treated by a doctor.

Please telephone your child's health care provider or clinic for advice about treatment. Some conditions will require a health care provider visit and prescription medication. Your child's school may ask you to provide proof of treatment. Follow the health care provider's or nurse's advice about when to return to school.

### Common Contagious Conditions

- Chickenpox Stay out of school for the first six days or until the last pox (blister) has dried.
- Fifth Disease May attend school with rash if child feels well. Please inform the teacher if your child's health care provider has made this diagnosis. Pregnant women exposed to fifth disease should alert their health care provider.
- Head Lice May return to school after treatment with special shampoo or rinse and removal of a significant amount (75%) of nits (lice eggs attached to hairs). *Guilford County Schools, 2006*
- Seasonal Flu If you are sick with flu-like illness, the Centers for Disease Control and Prevention (CDC) recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Noroviruses Children should remain home from child care or school for 24 hours after experiencing Vomiting or diarrhea. When children return to childcare and school, handwashing must be strictly monitored. Persons who work in nursing homes, take care of patients, or handle food should stay out of work while they are sick and for at least 2 days after symptoms end.

Please inform teachers of any changes in home or work telephone numbers. List another adult as an emergency contact if a child is sick or injured.

Please follow any additional guidelines your child's school or childcare center has regarding attendance and infectious illnesses. Your cooperation with these guidelines will help us keep a healthier school environment for all children.

For more information contact the Guilford County Department of Public Health at 336-641-7777 or [www.myguilford.com](http://www.myguilford.com)