

WATERTOWN SCHOOL HEALTH SERVICES
Should my child be in school with this illness?

Fever - Fevers are generally signs of infection. Any child with a fever of 100 degrees Fahrenheit or above must stay home from school. The child must stay home until the fever is normal for 24 hours without the use of a fever reducer. No child should be sent to school with a fever. Do not treat fever with medication and then send child to school. If your child gets a fever at school of 100 degrees or higher, they will be sent home from school.

Cold, Sore Throat, Cough - Children average 6-8 colds per year. If your child has a cold and cough with a fever or they do not seem to get better, call your doctor. A sore throat, along with a fever and swollen glands, may be signs of strep throat. Children diagnosed with strep throat are still contagious the first 24 hours on antibiotics and must remain home.

Stomach ache, Vomiting, Diarrhea - A child with vomiting and/or diarrhea should be kept home until symptoms have resolved for approximately 24 hours and the child is able to keep down liquids and food. Consult your doctor if fever and stomach pains do not go away or your child is not eating well and appears dehydrated (dry mouth, no tears, sunken eyes, urinates less than 4 times in 24 hours). Remember to wash your hands frequently.

Pain - Earache - Consult your doctor. If there is no fever with an ear infection they may attend school. -

Headache - A child should be kept at home if headache is severe and is not relieved with medication. Call your doctor if the headache continues.

Red Eyes - When the white part of the eye looks red and there is a yellow or green discharge - Call your doctor. Your child may have conjunctivitis, a common but troublesome condition that may be a contagious infection. Your child may need an antibiotic eye ointment. Children are still contagious the first 24 hours on antibiotic ointment and must remain home.

Rash - A rash is usually a sign of an illness. It also may be a reaction to a medication or chemical (Plants, detergents). If your child has an unusual rash, contact your doctor. Do not send your child to school with a rash. Consult your doctor for clearance to attend school.

Hand washing is the single most effective way to prevent germs and infections from being passed around.

The information provided is not intended as medical advice but as guidelines to follow until you can contact your doctor or health care provider for advice. Any questions, contact your school nurse.

