



## When Not to Send Your Child to School

Keeping our school healthy takes teamwork. We strive to keep our school healthy through good handwashing techniques, and regular

disinfection of surfaces. Keeping your child home when they are contagious is another important part of prevention in school.

**When deciding whether your child is well enough to come to school, please refer to the following guidelines:**

1. If your child has had **vomiting or diarrhea**, they must be free from vomiting or diarrhea for at least 24 hours before returning to school.
2. Your child must be **fever free (under 100 degrees) for 24 hours WITHOUT the use of medications** such as acetaminophen (Tylenol) or Ibuprofen (Motrin) **before returning to school**.
3. If your child has had **an illness that is communicable and requires antibiotic**,, such as pinkeye, or strep throat, the student **must be on antibiotics for 24 hours before returning to school**.
4. If your child was out with a **communicable disease** such as impetigo or scabies, etc;. **A doctor's note must accompany their return to school, clearing them for return**.

## Flu vs Cold? Which is which?

Symptoms	....of a Cold	....of the Flu
Fever	Rare	Most always present and typically higher than 100.5°F
Chills	Mild	Moderate to Severe
Headache	Rare	Common
Body Aches	Occasional, mild	Usual and often Severe
Feeling tired and weak	Mild	Moderate to Severe
Runny/Stuffy Nose	Common	Sometimes
Sneezing	Yes	No
Sore throat	Sometimes	Common
Chest Discomfort	Mild to Moderate	Often Severe
Cough	Sometimes, typically productive	Usually, but often unproductive
Treatments	Antihistamines, Decongestants, pain relievers (follow manufacturer instructions, and consult Provider if unclear on dosage)	Antiviral medications can be prescribed if diagnosed within first 48 hours of symptom onset
Prevention	HANDWASHING Avoid close contact with anyone with cold symptoms	HANDWASHING Yearly Flu Vaccination