

SHOULD MY SICK CHILD GO TO SCHOOL TODAY?

Sometimes it is difficult to decide in the morning whether a child is well enough to attend school. Call the school if you are in doubt. You can also ask yourself, "Can my child go through the day with minimal disruption to himself and others?"

The following school health guidelines should help in deciding whether your child is well enough to attend school for the day.

In the event that your child has signs and symptoms of illness such as fever, nausea, vomiting, diarrhea, cough, congestion, or if you have a concern about their health, we recommend that you notify your child's physician for further instructions.

Children should NOT be at school if:

1. **They have had a fever in the last 24 hours,**
 - a. or have been taking medication for fever in the last 24 hours (a fever is usually classified as a body temperature of 100.4° F (38 C) or higher).
2. **They have had 3 or more episodes of nausea, vomiting, or diarrhea in the last 24hrs,**
 - a. or have been taking medication for nausea, vomiting, or diarrhea in the last 24hrs (consult your doctor before giving or taking medication to stop diarrhea.
 - b. Contact your child's doctor immediately if nausea, vomiting, and diarrhea continue for more than 24hrs. .
3. **They have multiple symptoms which are obvious of illness,** such as recent vomiting, cough, malaise, congestion, and body aches (with or without fever)
4. **They have a rash** that cannot remain covered throughout the entire school day.
 - a. These children can usually return to class if they have been cleared by their doctor, or the when the rash resolves.
5. **They have signs and symptoms of Pink Eye,** Complaints of Pain, Redness or swelling of the white of the eye or inside the eyelids, Itchy, irritated, and/or burning eyes, Increased sensitivity to light, Crusting of the eyelids or lashes, Increased amount of tears, Eye discharge which may be clear, yellow, white or green, Gritty feeling in the eye
 - a. These children can usually return to class if they have been cleared by their doctor, or the when the symptoms are gone.

***Children sent home by the school nurse with a fever, vomiting, or diarrhea should stay home the following day to focus on adequate fluid intake, eating nutritious foods, and rest, as well as to protect others from exposure to the virus or bacteria that may have triggered the symptoms.**

PARTNERS IN PREVENTION

Preventing the spread of diseases is a community wide effort and should be a priority in our everyday lives. The simplest, most cost effective way to minimizing the spread of germs is to wash our hands for at least 20 seconds with warm water and soap. The children of Beeville ISD gain the most of their education by being healthy, in class, and ready to learn every day. Together we can make that happen!

For more information and resources, visit the following websites:

<https://www.cdc.gov/flu/about/season/current.htm> for the Centers for Disease Control and Prevention most current and up to date information regarding the current flu season.

<https://www.cdc.gov/handwashing/index.html> for the Centers for Disease Control and Prevention information on handwashing and use of hand sanitizers.

<http://kidshealth.org/en/parents/fever.html> for the KidsHealth.org information regarding fevers in children.

<https://www.cdc.gov/flu/protect/stopgerms.htm> for Centers for Disease Control and Prevention tips for prevention the spread of infection to others when you are sick.