

When to keep Sick Children at home

There are two reasons to keep sick children at home:

- The child does not feel well enough to participate in usual activities.
- The illness is on the list of symptoms or illness for which temporary exclusion is recommended for the health and safety of your child as well as other children.

Children with the following symptoms should be kept (excluded) from school:

Symptom	Child must be at home?
<p>Fever: Elevated temperature of 37.5°C or greater demonstrates the need to exclude the child from the school setting.</p>	<p>YES - when accompanied by behaviour changes or other symptoms of illness, i.e.: rash, sore throat, stomach ache/vomiting, diarrhoea, coughing, headache, earache.</p> <p>The child should be fever free (oral temperature below 37.2°C) without the use of fever-reducing medicines (calpol), for a complete school day (24 hours) before returning to school.</p>
<p>Flu Symptoms: Fever over 37.5°C or greater with cough and/or sore throat. Other flu symptoms can include fatigue, body aches, vomiting and/or diarrhoea.</p>	<p>YES - for at least 24 hours after there is no longer a fever, without the use of fever-reducing (calpol) medicines.</p>
<p>Coughing: Severe uncontrolled coughing or wheezing, rapid or difficult breathing; coughing lasting longer than 5-7 days.</p>	<p>YES - medical attention is necessary.</p>
<p>Mild Respiratory or cold Symptoms: Stuffy nose with clear drainage, sneezing, mild cough; no temperature elevation.</p>	<p>NO - may attend if able to participate in school activities.</p>
<p>Vomiting: Two or more episodes of vomiting in the past 24 hours.</p>	<p>YES - until vomiting resolves. Observe for other signs of illness and for dehydration. Can return to school 24 hours after last bout of vomiting.</p>
<p>Diarrhoea: Frequent, loose or watery stools compared to child's normal pattern; not caused by diet or medication.</p>	<p>YES - if the child looks or acts ill; if the child has diarrhoea with temperature elevation of 37.5°C or greater; if child has diarrhoea and vomiting. Can return to school 24 hours after last bout of diarrhoea.</p>
<p>Rash WITH Fever: A body rash <i>without</i> fever or behaviour changes usually does not require exclusion from school; seek medical advice.</p>	<p>YES - seek medical advice. Any rash that spreads quickly, has open, weeping wounds and/or is not healing should be evaluated.</p>

Children with the following illness should be kept (excluded) from school:

Illness	Child must be at home?
<p>Conjunctivitis Pink/reddish color to white part of the eye <i>and</i> thick discharge may be yellow or greenish in color.</p>	<p>YES - discharge and signs of infection have cleared or until after 24 hours of treatment with ophthalmic solution prescribed by a doctor.</p>
<p>Head lice or scabies</p>	<p>NO – Treatment initiated. <u>Note:</u> Strict adherence to product directions is essential for successful eradication of parasites.</p>
<p>Impetigo (to include: streptococci, staphylococcus, MRSA infections) Blister like lesions which develop into pustules. May "weep" and crust.</p>	<p>Yes – Can return to school after 24 hours of medical treatment. <u>Note:</u> Lesions must be covered for school attendance.</p>
<p>Ringworm</p>	<p>NO - Under care of medical care provider <u>Note:</u> Lesions must be covered for school attendance.</p>
<p>Vaccine Preventable Diseases Measles, Mumps, Rubella, (German Measles), Chicken pox, Pertussis (Whooping Cough), Influenza</p>	<p>YES - until determined not infectious by medical care provider.</p>

What can You do to help prevent the spread of contagious diseases in the home?

- Remind your children to wash their hands often.
- Reinforce the practice of coughing or sneezing into a sleeve or upper arm instead of hands.
- Throw away tissues immediately after each use and immediately wash hands.
- Circulate fresh air through the house at least once a day.
- Provide your children with a balanced diet.
- Keep bed times regular. School aged children need 8-10 hours of sleep each night.
- Encourage at least 60 minutes of daily exercise and daily trips out of doors.
- Encourage your children to dress appropriately for the weather. Layering clothing so they may remove and add as their activity level warrants.
- Take your child to the doctor if the symptoms persist
- If you use over the counter medications—use only those that are specific for your child's symptoms. NEVER give children aspirin, adult medications, someone else's medication or medication left over or outdated.
- Increase fluid intake (juices and water).
- Allow your child to rest and fully recover before sending him/her back to school.