

Dear Parents/Guardians,

It can be difficult to decide when to keep your child home from school due to illness. Here is some basic information to help you in this decision.

- **Fever:** Student should not attend school until fever-free for 24 hours without fever reducing medication.
- **Vomiting/Diarrhea (due to illness):** Student should remain at home for a full 24 hours after complete resolution of these symptoms.
- **Pink or Red Eye(s):** Student should stay at home or visit his/her physician if discolored eye(s) is also accompanied by white or yellow discharge.
- **Sore Throat:** Student should be evaluated by his/her physician if sore throat is accompanied by fever, rash, swollen tonsils, white spots on tonsils, or severe pain. If started on an antibiotic, the student may return to school 24 hours after treatment has been initiated.
- **Rash:** Rashes that cannot be ruled out to be non-contagious, should be evaluated by a physician.

Your child's health is more important than a single day at school. Students learn better when they are healthy and able to fully participate in class activities. Waiting a day to ensure that symptoms have fully resolved after an illness will help to keep the entire student body healthy. **Please keep in mind, if a student is absent for more than 3 days, a doctor's note is necessary upon return to school.**

To help prevent your child (and yourself) from getting sick, please encourage your child to wash his/her hands often, especially after using the bathroom, after playing outside, and before eating or touching his/her mouth. Additionally, eating a healthy diet, getting plenty of rest daily, and participating in daily physical activity will help to keep one's body and immune system healthy so that it can easily and quickly fight off infections.

Please call me with any questions or concerns at 609-397-0183 Ext. 1346.

Thank you,  
Kim Berls, RN, CSN  
School Nurse