

How Sick is Too Sick? When to stay home from school

When your child is feeling unwell, it can be challenging to determine whether they should go to school. Generally, unless they are significantly ill, it's best for them to attend.

However, there are certain situations where it's advisable to keep them home:

- Persistent fever (temperature over 100.4 degrees Fahrenheit)
- Severe sore throat lasting more than 48 hours, especially with fever
- Significant rash, especially if accompanied by other symptoms
- Excessive discolored nasal drainage
- Severe ear pain
- Uncontrolled cough
- Vomiting or diarrhea
- Severe headache, especially with fever

LCSD2 Health Services follows guidelines from the American Academy of Pediatrics to prevent the spread of contagious illnesses among students and staff. They enforce the following policies:

- ❖ **Students must be fever-free without medication for 24 hours before returning to class or events.**
- ❖ **Students shouldn't return until 24 hours after vomiting stops unless it's deemed non-communicable.**

Medicating a feverish child before sending them to school is not advised, as you will likely get a call to pick up your student once the medication wears off. All students must be fever-free for 24 hours before returning to school in order to minimize the spread of illnesses.

If your child frequently wants to stay home from school, is falling behind, or appears anxious about attending, it's wise to reach out to the school and healthcare provider to address your concerns.

Please remember to inform the school office if your child will be absent.