

Illness Policy: When to Keep Students Home

In most situations Shepherd prefers students come to school and if they become ill at school, the parent/guardian will be notified. However, here are a few guidelines to help parent/guardian in deciding when to keep your child home from school.

In the case CDC changes requirements for COVID-19, Shepherd will not be including the policy to follow in the handbook. At the beginning of the year a policy will be provided once we have clear CDC and local public health guidance. So please refer to both forms of policies; both illness and COVID-19 policy.

Symptom	Student must be at home?
Diarrhea Frequent, loose or watery stools compared to child's normal pattern: not caused by diet or medication	Yes- If your child looks or acts ill: if the child has diarrhea with a fever and/or vomiting. Make sure your sick child stays well hydrated. <i>Student can return when he/she has not had diarrhea during the last 24 hours.</i>
Fever A fever is a temporary increase in your body temperature, often due to an illness. Having a fever is a sign that something out of the ordinary is going on in your body.	Yes- When fever is >100, also if student has other symptoms accompanied by fever such as sore throat, rash, headache, muscle aches, rash, loss of appetite, etc. <i>Student can return when fever has been gone for 24 hours without medication and the child's appetite and energy level returned to normal.</i>
Flu The flu can be serious, and symptoms of the flu typically come on suddenly. Common signs and symptoms of the flu include: Fever, body aches, chills, headache, dry/persistent cough, fatigue, nasal congestion, sore throat, nausea or vomiting.	Yes- If your child has a fever >100 or will be unable to participate in class. <i>Student can return when fever has been gone for 24 hours without medication and energy level has returned to normal.</i>
Coughing Severe, uncontrolled coughing or wheezing, rapid or difficulty breathing (Children with asthma may be cared for in school with a written authorization for medication/treatment and health care plan)	Yes- Medical attention is recommended.
Mild Respiratory or Cold Symptoms Stuffy nose with clear drainage, mild cough, sneezing	No- Child may attend school if able to participate in class.
Rash	No- Body rash without fever or other symptoms usually does not require student to remain home. Yes- Medical advice is recommended for rash with fever, open and weeping wounds, or quickly spreading rash.
Vomiting Vomiting is a protective reflex to rid your body of viruses, bacteria, or parasites in your digestive system.	Yes- Keep student's home if they have vomited <u>one</u> or more times in the last 24 hours. <i>Student can return when he/she has not vomited in the last 24 hours.</i>
Diagnosis	Student must be at home?
Pinkeye (Conjunctivitis) Symptoms of pinkeye include redness, itchiness, discharge that forms a crust during the night that may prevent your eye or eyes from opening in the morning	Yes- If given antibiotics, please keep at home until he/she has taken the antibiotics for at least 24 hours. If your health provider decides not to treat your child, a note is needed to return to school.
Impetigo A common, contagious, superficial skin disorder caused by a bacterial infection. Symptoms of impetigo involve red sores that quickly rupture, ooze for a few days and then form a yellowish-brown crust	Yes- Doctors note is needed to return to school. Please keep child home at least 24 hours after antibiotics are started. Lesions should be covered until healed and there is no cracking or weeping.

References: Mayo clinic, WebMD, Denver Children's Hospital; Selekman, J. (2013). *School nursing: A comprehensive text* (2nd ed.). F.A. Davis CO (04/2021 HM)