

One of the problems most often confronting parents of school age children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child should stay home or go to school. The following information is a suggested guideline for helping you make the right decision. This information does not replace advice by a doctor. It is designed merely for your child to have an optimal learning experience at school without exposing other children to a possible illness. Do not hesitate to call your doctor with questions and to seek advice.

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<p>Fever</p> <p>A fever is a warning that something is not right with the body. Any student with a temperature of 99.6 F will be sent home from school. Please keep your child home until the temperature is <u>normal</u> for at least <u>24 hours</u>.</p> <p>Remember, medications such as Tylenol can make a temperature go down but when the medication wears off at school the temperature frequently returns. Even if a student awakens after a good night's rest, following a high fever the day before, they can often be tired or dehydrated. Students need time to recover so they can fully participate in the classroom. There is a lot of truth in the old expression "plenty of rest and fluids". Our bodies need this during and after a fever.</p>	<p>Vomiting/Diarrhea</p> <p>Many different factors can cause vomiting and/or diarrhea. It is not unreasonable to suspect an intestinal "flu" bug when these symptoms occur. A child with vomiting and/or diarrhea will be sent home from school even if they do not have a temperature. If vomiting/diarrhea persists or is a reoccurring problem it is important to contact your doctor to find a cause for these symptoms. Medical problems, diagnosed by a doctor, that might cause recurring vomiting or diarrhea should be discussed with the clinic staff and the principal to develop a plan of care that best suits your child's needs. In normal cases, children should be <u>symptom free</u> for at least <u>24 hours</u> before returning to school. Young children can dehydrate easily due to vomiting and/or diarrhea. Encourage plenty of rest, fluids, and please be sure they can tolerate solid foods well before they return to school.</p>	<p>Colds/Coughs/ Sore Throats</p> <p>The common cold may be one of the most frequent problems for parents. Here are some questions you may ask yourself to determine if your child will have a successful day at school.</p> <ul style="list-style-type: none"> • Is their temperature normal? • Will they use tissues appropriately? • Is their cough so persistent that it may disrupt others? • Did the cough keep them from getting a good night's rest? • Is your child's throat so sore it prevents them from eating or drinking? • Have these symptoms persisted more than 3-4 days? <p>These may be reasons for your child to be sent home from school and for you to seek advice from your doctor. If they develop a fever or are tired or run down from excessive coughing they should stay at home.</p>
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