



www.portchesterschools.org

Port Chester-Rye Union Free School District

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Dr. Ann Engelland, Medical Director

WHEN TO KEEP A CHILD HOME WITH ILLNESS

It can be hard to know when to send children to school if they tell you that they do not feel well. Usually, the best place for them is in school, but there are some times when keeping them home to rest or call for an appointment with your health care provider is recommended.

Please keep your child home and/or contact your child's health care provider for:

- Fever greater than 100.4° (taken by mouth)
- Vomiting and/or diarrhea within the last 24 hours
- Severe sore throat along with fever and feeling ill for more than 48 hours, or after exposure to Strep throat infection
- Honey-crusted sores around the nose or mouth or rash on other body parts
- Large amounts of mucous (liquid) from their nose, with face pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever

If your child has a fever, it is not a good idea to give medicine like Tylenol or Advil and send them to school because as soon as the medicine wears off, the fever may return and you will be called to come and pick up your child.


Please keep children home for 24 hours after the fever ends or they have completed 24 hours of medication if prescribed by your health care provider.

If you would like your sick child seen at the SBHC/Open Door please call them directly for an appointment and avoid sending them into school sick. This will help with the spread of germs to other students and staff.

If you find your child is frequently asking to stay home from school, if they are falling behind or appear anxious about school, or if there does not appear to be any physical symptoms, contact your school nurse and your health care provider to discuss your concerns.

Remind children to throw away used tissues, cover their mouths when they cough or sneeze, keep their hands away from their face, and wash hands often with soap and warm water. This will help keep everyone healthier, especially during this Flu season.

As always, call your child's school nurse if you have any questions or concerns.

Sincerely, 
Ann L Engelland, MD
District Medical Director

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