



## Capistrano Unified School District

### Sick Child: When to Keep Your Child Home from School

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Sometimes it is difficult, especially early in the morning, to know whether or not to send your child to school. The following guidelines are indications that you should keep him/her home. In this way, you are helping to control the spread of colds, flu, and other contagious illnesses.

Please keep your child at home when he/she has any of the following symptoms:

Fever	Chills
Vomiting or Diarrhea	Nausea
Sore throat or trouble swallowing	Coughing, sneezing, and/or runny nose
Rash or unusual sores or spots	Headache
Generalized muscle aches and pains	Wheezing or trouble breathing
Unusually red, crusted or burning eyes	Active Lice

You need to keep your child home until he/she has been symptom free without medication for 24 hours.

Also, NOTIFY THE OFFICE if your child is exposed to or contracts chicken pox, mumps or measles and or pertussis. These conditions can be life threatening to students who are undergoing therapies that suppress their immune systems.

The following information is only a guide to common childhood health concerns. Call our District Nurses or personal health care provider for more information. Please bring a copy of a physician's note or the school's physician clearance form to school and/or notify the school if your child will have an extended absence due to a health.

#### Is my child too sick to attend school?

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**FEVER.** Children should be without a fever and medication (100.4 degrees) for 24 hours before returning to school. It is suggested the your physician is called if the fever is accompanied by other symptoms such as congestion, sore throat, cough, and earache, or unable to eat or drink etc.

**CHILLS.** A child with chills may feel excessively cold and may be shivering. Chills may be caused by a fever, flu, common cold, or virus – It is suggested that your physician is called about your child's symptoms.

**VOMITING, NAUSEA, & DIARRHEA.** A child who is throwing up or has diarrhea needs to stay home. Do not send your child back to school until he/she has gone 24 hours without vomiting or having diarrhea and is fever-free. It is suggested that your physician is called if your child is both vomiting and having diarrhea or has a severe case of either.

**SORE THROAT.** If your child wakes up with a sore throat but no other symptoms, offer him juice or water to see if the discomfort was simply from dry air or post- nasal drip during the night. If he has a fever and the pain continues, it is suggested that your physician is called. Strep throat and other

throat infections can only be diagnosed by a throat culture. If your child has Strep, he/she can return to school after being on antibiotics for 24 hours AND fever-free without medication for 24 hours. If your child is diagnosed with Strep Throat please notify the school office.

**COLDS.** Keep a child with a cold at home only if he/she feels too tired to complete school activities or has a fever (>99.6 degrees). Kids are most contagious the first day of the cold – teach your children to blow/wipe their own nose, wash their hands, and cover their mouth when coughing. Because we cannot keep our kids out of school every time they are getting a cold, have a cold, or are getting over a cold, learning good hygiene (hand washing!) is important.

**COUGHS.** Keep your child home if a cough keeps them up at night, appears to get worse as their activity level increases or if they also have other symptoms, such as a fever, short of breath, or wheezing. It is suggested to call your physician if the cough leads to difficulty breathing or the fever increases. If your child's cough is due to asthma, contact the [School District Nurse](#) to obtain the medication form required to keep medicines at school.

**RASHES.** Contagious diseases that cause rashes need to be reported to the school office or call your health office at the school site. It is suggested to call your physician if the rash spreads, does not improve, or is accompanied by a fever. Do not send your child to school if they have an unknown cause of rash, or any open wounds or sores. Please bring the school's physician clearance form or a physician's note after a contagious disease, rash, and or open sores or wounds are diagnosed by your physician.

**EAR INFECTIONS.** Cold and flu that cause ear infections are contagious, but ear infections themselves are not. It is suggested to call your physician. Your child can return to school once he has seen his health care provider and your child feels well enough to attend school.

**GENERAL MUSCLE ACHES AND PAINS.** Generalized aches and pains can be a sign of the flu. Cold and flu that cause aches and pains are contagious, but the general muscle aches are not. Your child can return to school once they are fever free for 24 hours without medication.

**WHEEZING OR TROUBLE BREATHING.** If your child is wheezing or has trouble breathing due to asthma, please contact the District School Nurse or the site health office to fill out the medication form to keep medication at school. If your child is having difficulty breathing or short of breath it is suggested that you call your physician.

**PINKEYE.** A child with bacterial conjunctivitis is highly contagious and should be kept home until he has been seen. If your child wakes up and the whites of his eyes are red, there is pus discharge, and/or the eyelashes are matted shut, it is suggested you call your physician and do not send your child to school.

**HEAD LICE.** Lice lay eggs (nits) that attach to the shaft of the hair. Shampoos (pediculocides) can be purchased over-the-counter – follow the instructions exactly on the box. Your student will be admitted back to school the day after treatment. A physician's visit is not necessary, but you do need to notify the school so appropriate classroom lice checks can be conducted. Please refer to the [HEAD LICE](#) instructions.