

When to Keep Your Child Home From School

- 1) Take a minute each morning to verify your child feels well. If any concern, check their temperature before sending them off to school.
- 2) Keep your child home if they have a temperature of 100 degrees Fahrenheit or greater. Children should not return to school until they have been fever free for 24 hours without artificially keeping the temperature down with fever reducing medication.
- 3) Keep your child home if they are vomiting or have diarrhea. They may not return to school until the next school day. If a student is ill during the night with vomiting or diarrhea, they should not come to school the next day. If a child experiences vomiting or diarrhea in the morning, they should not attend school that day.
- 4) If your child has an uncontrolled cough which will interfere with schoolwork and easily spread germs to classmates, call your doctor.

Knowing the above information- if your child has other symptoms and you are still not sure if your child should stay home from school, please call your school office and ask to speak to the School Nurse. Remember that each day your child misses school affects their education!

PARENTS: Please help us reinforce these good health habits with your child...

- 1) Cover your mouth and nose: Cough/sneeze tightly into a sleeve not the air.
- 2) Clean your hands: Washing your hands often with soap and water (especially before eating lunch or a snack) or use a dab of hand sanitizer. Clean your hands after blowing your nose too.
- 3) Avoid touching your eyes, nose or mouth (also known as “The T-zone”). Germs that cause illness are usually spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Use the back of your wrist to itch your face, not your fingers, especially in a public place like school.
- 4) Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food and drinks.

KPS School Nurses

P.S. The forecast for influenza this season is pretty bleak. The southern hemisphere was hit hard earlier during their ‘winter’. Please be aware we already have had influenza diagnosed in our community and in our schools. We have already had an infant death from influenza in our state. Typically, people with influenza have body aches and pains, headaches, and high fevers. If your child experiences these symptoms it is important that they remain home. A trip to your medical provider to confirm influenza during the first 48 hours of symptoms can be helpful in that there is medication available to lessen the symptoms and duration of influenza.