



MINERSVILLE AREA SCHOOL DISTRICT
SCHOOL HEALTH SERVICES

WHEN TO KEEP SICK CHILDREN HOME FROM SCHOOL

Deciding when to keep a sick child home from school is not always an easy choice, especially when it means a parent has to miss work. However when a child is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading the illness to others.

Although this information is not intended to take the place of medical care, it may help you decide when to keep your child home.

FEVER: A fever is considered a temperature greater than or equal to 100.4 degrees F.

STAY HOME: when there is any fever. Students must be fever-free for at least 24 hours (without the use of fever reducing medicine) before returning to school.

COMMON COLD: The common cold is contagious and symptoms can last up to 7-14 days.

STAY HOME: when there is deep or uncontrollable coughing, significant lack of energy, and/or fever ($T > 100.4$).

FLU: The flu is highly contagious before, during, and up to one week after symptoms appear.

STAY HOME: when there is fever or severe cough.

DIARRHEA/VOMITING: Diarrhea and vomiting can be very contagious in the school setting.

Proper handwashing is the best defense against these illnesses.

STAY HOME: when there is any diarrhea and/or vomiting. Return to school after being symptom free for 24 hours.

SORE THROAT: A child with a mild sore throat, no fever, and otherwise healthy should be fine to attend school.

STAY HOME: when there is a severe sore throat, or if white spots are seen in the throat.

RASHES: Rashes can be contagious and should be evaluated by your health care provider.

STAY HOME: when there is a new onset of a rash until evaluated and cleared by your health care provider to return to school.

PINK EYE: Pink eye (conjunctivitis) is a common infectious disease causing the eye to appear red and feel irritated with drainage.

STAY HOME: when there is redness, irritation, and/or drainage to one or both eyes. Medical evaluation is required before returning to school.





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Good Habits to Keep You Healthy

- ✓ **Proper handwashing** – Wash with soap and water frequently through the day, especially after coughing, sneezing, or nose blowing. ALWAYS wash before eating and after using the bathroom.
- ✓ **Avoid touching the face** – Prevent the spread of germs by keeping hands and fingers away from the eyes, nose, and mouth.
- ✓ **Don't share** - food, utensils, drinks, etc.
- ✓ **Avoid sick people**- Try to stay away from others with known illnesses
- ✓ **Cover up**- Keep mouth and nose covered with a tissue or your elbow when coughing or sneezing. Immediately throw used tissues away, and wash hands.
- ✓ **Stay home when sick**- Rest and recuperate at home to get better and to prevent the spread of illnesses.
- ✓ **Keep surfaces clean** – Household disinfectants can be used to kill germs on surface
- ✓ **Get immunized** – Flu shots help...get yours today!



Healthy Schools
