



Sumner County School Nurse Program

Send Home-Stay Home Guidelines

The following are some guidelines you may use when deciding whether to keep your child home or to send them to school. The school staff and school nurse will use these guidelines when determining whether your child should be sent home from school. If you are unsure, call your child's healthcare provider.

Fever

Fever is generally defined as a core body temperature of 100.4 F or greater (not 104.). **A reading of 100 F, or greater, with any thermometer is a fever.**

- Your child should be without fever for a full 24 hours, **without fever-reducing medication**, before returning to school. This is because sick children often do not develop fever until the afternoon or evening. If your child has fever, **do not** give a fever-reducing medication (Tylenol, Advil, etc.) then send them to school.

COVID 19

A respiratory virus that presents with or without symptoms. The symptoms may include new onset fever, chills, sore throat, cough, shortness of breath, stomach symptoms not related to other conditions, loss of taste and/or smell, headache and fatigue. Your student should be evaluated by your health care provider. Please follow your school's guidelines for returning to school after a diagnosis or suspected exposure to COVID 19.

- If your student is under a physician's care for a positive COVID 19 or is presumed positive by a health care provider, they must provide a return to school note, have completed the required quarantine and have decreased signs & symptoms AND be fever free for 24 hours without fever reducing medication.

Vomiting

Your child should be free from vomiting episodes **for a FULL 24 hours**, prior to returning to school. If vomiting is likely due to diagnosed reflux, or is an anxiety-related symptom, you should observe them for at least 1 hour before sending them to school.

Diarrhea

A child with one episode of mild diarrhea may be able to go to school, but if he/she needs to go to the bathroom more frequently than usual, due to loose stools, they should stay home. Vomiting and diarrheal illnesses are extremely contagious, make sure they wash their hands with soap and water after toileting and before eating. Your child should be free from diarrheal episodes **for a full 24 hours** prior to returning to school.

Sore Throat

Most sore throats occur due to a mild viral illness and will self-resolve. If a child has **no** fever and does not feel otherwise ill, they may attend school. If the sore throat is accompanied by other symptoms such as headache, stomachache, and/or rash, he/she should see their healthcare provider to rule out strep throat or other contagious illnesses.

Red or Runny Eyes

Bacterial conjunctivitis (“pink eye”) is a contagious infection of the lining of the eyeball and eyelid. Symptoms are redness of the white of the eye, swelling of the eye or eyelid, and discharge which is typically cloudy or yellowish-green. If your child wakes up with their eyelid “glued together”, with discharge, call your doctor and keep your child home. Careful hand washing is essential with bacterial conjunctivitis. **If it is conjunctivitis they may return to school after they are treated for 24 hours.**

Rashes:

Scabies is a common, very itchy rash caused by a mite burrowing under the skin surface. Small bumps or raised lines are visible on the forearms and hands, and on the trunk and groin area. Often other family members have it as well. Your healthcare provider should see your child if you suspect scabies. **If diagnosed with scabies, upon return to school, your child must bring a note from the doctor as proof of treatment.**

Impetigo is a contagious superficial skin infection which looks like a crusty yellowish scab or sometimes a large blister. It can be seen anywhere on the skin, but is often found around the nostrils and lips. Your healthcare provider should see your child if you suspect impetigo.

Staph Infection/MRSA are commonly seen in school-aged children. Usually it manifests as a pink or red, firm, very sore area. It may or may not have a “head” on it. Your child’s healthcare provider should see your child if you suspect a staph infection. **Upon return to school please provide proof of treatment and lesions must be covered.**

Fifth’s Disease is a common viral rash which causes bright red cheeks (“slapped cheek disease”), followed by a pink, flat, lacy-appearing rash on the upper arms and tops of the thighs. Most children feel well with Fifth’s, and once they develop the rash are no longer contagious. **They may attend school.**

Ringworm is not a worm it’s a contagious infection caused by a fungus. Symptoms are small, red, raised, scaly spots that are itchy and grow in a circular pattern. Ringworm can be treated with anti-fungal creams, over the counter, such as Tinactin, Micatin or Lotrimin. **Your child may return once ringworm treatment has been initiated and it must be covered.**

This covers some, not all, conditions that may require your child be sent home. Our goal is to keep your child in school at their optimal health. Please call your school nurse with any questions or concerns.

**Thank You,
Sumner County School Nurses**