

Where should parents draw the line when it's time to decide how sick is too sick to go to school or day care?

When in doubt, always go with your gut. If you suspect your child is too sick to participate in school, stay home and call your doctor's office to see if your child needs a professional evaluation.

Northeast Tri County Health advise keeping children home if they show any of these symptoms:

- **Appearance, behavior:** Unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to keep a student home.
- **Eyes:** Red, thick mucus or pus draining from the eye or pink eye. Itching with a crust on the eyelids after sleep -- this condition may be "pink eye" and need medical evaluation.
- **Fever:** Temperature of 100 degrees or higher. Keep students home at least 24 hours following an elevated temperature of 100 degrees or higher.
- **Persistent nasal drainage or chronic cough:** Should be seen by a health care provider. These conditions may be contagious and require treatment.
- **Sore throat:** Especially with fever or swollen glands in the neck. A student with a confirmed diagnosis of strep throat can return to school after 24 hours of appropriate treatment.
- **Cold like symptoms and trouble breathing:** See your health care provider.
- **Diarrhea:** Three or more liquid stools in a 24-hour period, especially if the student acts or looks ill.
- **Vomiting:** Vomiting two or more times within the past 24 hours.
- **Rash:** Body rash, especially with fever or itching.
- **Chicken pox:** Students are infectious one to two days before the rash appears until the last blisters (sores) are dry and crusted. This is usually five to six days after the rash appears. Students are to remain home while infectious.
- **Ear pain with fever:** This should be evaluated by a health care provider. Untreated ear infections can cause permanent hearing loss.
- **Lice:** Students with suspected infestations will be screened. Parents will be notified of treatment needs. Please notify the school if you find head lice on your student.
- **Scabies:** Students with scabies can return to school 24 hours after treatment has begun.

Please remember that we are now approaching flu season and all school age and child care students need an influenza vaccination to reduce their risk of getting and spreading influenza in the classroom!

Students please practice the following to reduce your risk of any infection:

- *Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.*
- *Wash your hands after sneezing, blowing your nose, coughing, or after touching used tissues or handkerchiefs.*
- *Wash your hands after touching anyone else who is sneezing, coughing, blowing their nose, or whose nose is running.*
- *Throw used tissues into the trash as soon as possible.*
- *Wash your hands often when sick.*
- *Use warm water and soap or alcohol-based hand sanitizers to wash hands.*

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