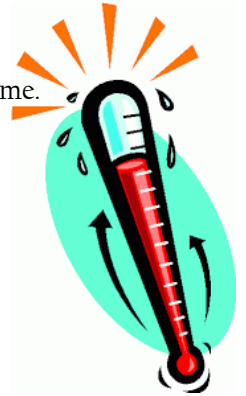




## Should they stay or should they go?

A quick reference guide to help decide if you should send your child to school or keep them home.

Please **KEEP YOUR CHILD HOME** with the following symptoms:



- **FEVER** – If your child has a fever 100° F or more, keep them home until they are 24 hours fever free WITHOUT medicine. If your child has a fever at 2pm they may not attend school the following day.



- **DIARRHEA/VOMITTING** – Keep your child home for 24 hours from the last episode WITHOUT medicine.
- **COUGH:** A child with heavy cold symptoms, such as deep or uncontrollable coughing or significant lack of energy, belongs at home even without a fever.
- **SORE THROAT:** Keep a child at home and contact a medical provider for a severe sore throat and if white spots are seen in the back of the throat, with or without a fever.
- **RUNNY NOSE:** Students with a constant runny nose, especially green/yellow in color, and cannot maintain themselves need to stay home.
- **PINK EYE:** Student should be kept at home until evaluated by a medical provider.
- **RASH:** Do not send a child with a rash to school until a medical provider has said it is safe to do so – especially with additional symptoms like itching, fever or appearing ill.
- **FLUID-FILLED BLISTERS OF UNKNOWN ORIGIN:** It is important to have these symptoms evaluated by a medical provider because untreated infection can lead to serious complications.



If your child has minor symptoms (cough, headache, stomach ache, etc.) but is able to function at 75% of their usual capacity, it is OK to send them to school as long as they do not have any of the above symptoms.

# Whooping Cough Vaccine Requirement

Effective August, 2011, the law requires all that students in grades 7th to 12th have a Tdap booster shot. Your child will need proof of the Tdap booster before entering 7th grade. This shot protects your child against whooping cough (Pertussis), which is now an epidemic in California.

Pertussis is a very contagious disease that can last for weeks or months. The protection they received from the shots they got earlier or from having had pertussis before wears off, so they can get it again. One dose of Tdap vaccine will protect them, their friends and family members, and the community.

If your child has already received the Tdap booster after their 7th birthday, please bring the record to your school office. Our current records may not have this recorded as it is a new shot requirement.

If your child has not received the Tdap booster, please contact your health care provider or clinic to receive the shot as soon as possible. After receiving the shot, please bring the record to your school office.

All immunization records must be signed or stamped by a licensed health care provider or clinic.

## Sick Day Guidelines

### Your child should stay home if:

- Fever of 100.4 or higher
- Has more than one episode of vomiting or diarrhea
- Your child is unable to participate in school due to:
  - Being tired
  - Lack of appetite
  - Frequently coughing or sneezing
  - Severe sore throat - especially if the sore throat is accompanied by a headache, stomach ache, or rash. If your child has these symptoms, call your doctor. The child may have strep throat without a fever

### 24 hour rule:

- Keep your child home until his/her **fever** has been gone for 24 hours *without* medicine.
- Keep your child home until 24 hours after the last episode of **vomiting or diarrhea**.
- Keep your child home until 24 hours after the first dose of **antibiotics**.