From the clinic,

# KEEPING SICK CHILDREN HOME

# GUIDELINES FOR KEEPING SICK CHILDREN HOME FROM SCHOOL

* A sick child who is unable to participate in school in a meaningful way should be kept home to rest and recover until symptoms resolve. Keeping a sick child home also protects other children, school staff, and visiting community members from contracting an illness that can be spread from person to person. Please be aware of the following guidelines for school attendance.
  + **Fever:** A child must remain home with fever > 100° F and may only return after he/she has been fever free for 24 hours without fever-reducing medicine such as Tylenol or Motrin.
  + **Diarrhea/Vomiting:** A child with diarrhea and/or vomiting must stay at home and may return to school only after being symptom-free for 24 hours.
  + **Conjunctivitis (Pink Eye):** Following a diagnosis of pink eye, a child may return to school 24 hours after the first dose of prescribed medication has been administered.
  + **Rashes:** Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash must stay at home and may return to school only after a health care provider has made a diagnosis and authorizes the child's return to school in writing or have symptoms resolved completely.
  + **Head lice (pediculosis):** Students who have an active case of live lice may attend school only after treatment which eliminates all live lice. Head lice do not jump or fly and are most commonly contracted by head-to-head touch. Head lice are common in school-aged children, so parents should routinely monitor children for live lice and teach the avoidance of behaviors that spread lice.

If you take your child to a healthcare provider for an evaluation of illness or injury, please be sure to request a written letter stating when your child may return to school and any accommodations required upon his/her return.

A healthy school community requires parents and schools to partner with each other. To prevent/minimize local outbreaks of contagious disease, parents must keep children who have an illness that can be spread from person to person at home, and CFISD school nurses will exclude students with symptoms of a communicable illness from school attendance.

**PREVENTION**

**Self-monitoring**

* Students, staff and visitors must screen daily (prior to entering a school bus or school) for symptoms of COVID-19. If symptoms are experienced, individuals must not report to school or work until evaluated by a licensed healthcare provider.
* Symptoms of COVID-19 include:
  + Cough
  + Shortness of breath or difficulty breathing
  + Loss of taste/smell
  + Nasal congestion
  + Sore throat
  + Headache
  + Fever at or above 100°F
  + Vomiting/diarrhea

**Quarantine and Isolation**

* Students who show symptoms of COVID-19 at school will be evaluated by the nurse and will be excluded in accordance with [CFISD communicable disease exclusion criteria](https://www.cfisd.net/Page/1924).
* Students or staff members who have been in [close contact](https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact) (within 3-6 feet of someone for 15 minutes or more) with someone who has COVID-19 should consider quarantining unless [fully vaccinated](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html) or recovered from a COVID-19 illness within the last 90 days.  See “[Recommended Close Contact Quarantine Protocol](https://www.cfisd.net/cms/lib/TX50000664/Centricity/Domain/2305/CFISD%20Recommended%20Close%20Contact%20Quarantine%20Protocol.pdf)”.
* Students or staff members who test positive for COVID-19 must meet established criteria as stated in the [“Isolation and Readmission Criteria Protocol”](https://www.cfisd.net/cms/lib/TX50000664/Centricity/Domain/2305/CFISD%20Appendix%20-%20Isolation%20and%20Readmission%20Criteria.pdf) before returning to school or work.

**Vaccines**

According to the CDC, vaccination is currently the leading public health strategy to end the COVID-19 pandemic.

* CFISD will continue to offer vaccine opportunities and encourage staff and age-eligible students to receive the COVID-19 vaccine. See a [list of area vaccine providers](https://www.cfisd.net/Page/6000).