



Health Guidance for Going to School

Showing up to school every day is critical for children's well-being, engagement and learning.

Make sure to send children to school if they are:

- Generally healthy and well.
- Participating in usual day-to-day activities.
- Children can even go to school if they:
 - Have a mild cold, which may include a runny nose and/or cough.
 - Have eye drainage without fever, eye pain or eyelid redness.
 - Have a mild stomachache.
 - Have a mild rash with no other symptoms.
 - Have head lice. Though they are annoying and should be treated, lice are not a reason to exclude a child from school.
 - Haven't had a fever overnight and they have not taken fever-reducing medicine during that time.

Avoid keeping children at home unless they are too sick to participate. Please see the back of this handout for details. Note that in most situations, a health-care provider's note is not needed to return.

Children may also avoid school due to anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache etc). If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, social worker or other school staff to discuss the challenge and identify what can help your child stay in school.

If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school (school nurse if available) about developing a plan with you and your child's health-care provider to keep your child healthy and safe while attending school.

Please note: This document is not meant to take the place of local health department/school district guidance including about contagious illnesses such as Covid-19 and the flu.

REASONS TO KEEP ME HOME FROM SCHOOL AND WHAT NEEDS TO HAPPEN BEFORE I CAN RETURN

Please note, the school nurse is NOT allowed to administer cough drops, or any medications to a student without a Medication Administration Authorization form.

What is my symptom?	When should I stay home and when to seek medical care?	When can I return to school?
Fever	I have a fever of 100.4°F or more or higher. Seek medical care if I have fever and any of the following: ear pain, sore throat, rash, stomachache, headache or tooth pain.	If I have been fever free for at least 24 hours without the use of fever-reducing medications such as Tylenol or Ibuprofen. Please do not give me medication to treat a fever and send me to school. Wait until I am feeling better to limit the spread of illness.
Vomiting and/or diarrhea	If I have vomited 2 or more times in the last 24 hours. If my stool is watery and I may not make it to the toilet in time. Seek medical care if I have stomach cramping and fever, I have bloody or black stool, or I am showing signs of dehydration (tired and sleepy, dry mouth and not urinating at least once in the last 8 hours).	If I have not vomited or had diarrhea in the last 24 hours, have no other symptoms without the use of medication.
Persistent cough or trouble breathing	If I have a deep, uncontrollable, or productive cough. Seek medical care if I have a persistent cough, difficulty breathing, or trouble catching my breath or if I develop a fever with the cough. These symptoms may be signs of Covid-19 or flu and should be evaluated by a health-care provider.	If I have a mild cough, no fever or other symptoms of illness, and I am feeling better. If my symptoms were due to asthma, please make sure that I have permission to use breathing medication at school from the school nurse/health aide.
Rash	Seek medical care if the rash has blisters, is draining, is painful, looks like bruises and/or I develop a fever.	Rash has healed or I have been cleared for return by my health-care provider.
Eye inflammation or discharge	If I have red eye(s) with cloudy or yellow/green drainage, matted eyelids after sleep, and/or redness. Seek medical care if I have eye swelling, eye pain, trouble seeing or an eye injury.	Once I have been cleared for return by my health-care provider or if diagnosed with "Pink eye," I may return to school 24 hours after treatment has begun.
Sore throat	Seek medical care if I have drooling, trouble swallowing, or fever and/or rash.	Once I am feeling better and have no fever. If I was prescribed an antibiotic by my health-care provider, then I can return to school 24 hours after the first dose of antibiotic treatment.



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