

A NOTE FROM OUR NURSE:

Too Sick for School?

When to keep you sick child home from School

Lake Washington School District works with King County Department of Public Health to protect children from communicable diseases. Keeping children home when they are too sick for school protects other students and staff from potential illness.

Symptoms that child is too sick for school

If your child has any of the following symptoms, please keep him/her home, or make appropriate child care arrangements. It will be necessary to pick your child up from school as soon as possible if he/she shows any of the following symptoms at school ***(Please have current phone numbers and a current emergency contact on file with the office):***

- **Fever:** Temperature of 100 degrees Fahrenheit or higher. Child **must not** have a fever for 24 hours without fever reducing medication before returning to school.
- **Vomiting:** Child should not return to school for 24 hours following the last episode of vomiting
- **Lice, Scabies:** Children may not return to school until they have been treated and are free of live lice. (a check with the school nurse is needed) Children with scabies can be admitted after treatment.
- **Diarrhea:** Children with watery stools may not return to school until 24 hours after their last episode of diarrhea.
- **Chronic cough and/or runny nose:** Continual coughing and greenish nose discharge. Conditions may be contagious and may require treatment from your health care provider.
- **Sore Throat:** With fever or swollen glands in the neck
- **Rash:** any rash, especially with fever or itching
- **Ear infection:** Without fever can attend school, but the child may need medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.
- **Eye Infection:** Pink eye (conjunctivitis) or thick mucus or pus draining from eye should not return to school for 24 hours after starting treatment
- **Unusual appearance behavior:** Abnormally tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child from school.
- **Cough:** Children sent to office with persistent cough, with an inability to stay in class, will be sent home until and may return when able to resume with class.

Thank you for helping us by following our district guidelines.

Sincerely,

Trish Simpson, LWSD District Nurse