

## Is my child too sick for school?

Each day many parents are faced with a decision: should they keep their sick children at home or send them to school? Often the way a child looks and acts can make the decision an obvious one.



In accordance with Maine Department of Health and Human Services guidelines, **a child should not attend school if he/she exhibits one or more of the following symptoms or infections:**

- **Fever (At or Greater than 100.4° F)**- the student may return when fever-free for 24 hours **WITHOUT** the use of fever reducing medication.
- **Cough:** A child with an uncontrolled cough should stay home until they are coughing with less frequency.
- **Diarrhea/Vomiting:** A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours.
- **Rash-** Any new onset of rash if accompanied by fever; may return after rash resolves or diagnosis is made and clearance given
- **Skin Lesions (sores)** – A student should not be at school with any sores with drainage that cannot be contained within a bandage
- **Strep Throat/Impetigo and other bacterial infections requiring antibiotics-** A student with strep throat must remain home until they have been on their antibiotics for a full 24 hours.
- **Colds-** A child with thick yellow-greenish mucus accompanied by fever, vomiting, diarrhea. or constant nasal discharge should remain home. Very few younger children can effectively blow their noses and wash their hands afterward. A child with the above symptoms will quickly spread the illness to other children.
- **Other-** Any symptoms or complaints that prevent the student from active participation in usual school activities

If your student has any upper respiratory illness symptoms, please consult the newest CDC Recommendations. More information can be found here:

<https://www.cdc.gov/media/releases/2024/p0301-respiratory-virus.html>

Home is the best place for a child who is ill. Students with these symptoms cannot comfortably participate in school activities and unnecessarily expose others to their illnesses. If you have any questions regarding the illness expectations listed above, please contact your child's school nurse.