Dear Parents,

Please review the information below and use it as a rough guide as to whether or not you should keep your sick child home. It is only a guideline and not the policy of the West Mifflin Area School District.

If you have any questions, please always feel free to call the nurse at your child's school.

**Guidelines for Keeping Sick Children Home**

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

- **Colds:** Consider keeping your child at home if he/she is experiencing extreme discomfort from cold symptoms, such as severe nasal congestion and frequent cough. A continuous green discharge from the nose may be a sign of infection. Consider having the child seen by your health care provider.

- **Conjunctivitis (pink-eye):** Following a diagnosis of conjunctivitis, the child may return to school 24 hours after the first dose of prescribed medication.

- **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.

- **Fever:** The child should remain at home with a fever greater than 100°. The child can return to school after he/she has been fever free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin).

- **Rashes:** Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a health care provider has made a diagnosis and authorized the child's return to school.

A sick child cannot learn effectively and is unable to participate in classes in a meaningful way. Keeping a sick child home prevents the spread of illness in the school community and allows the child an opportunity to rest and recover.

Sincerely,

West Mifflin Area School District
Nursing Staff

Mrs. Sobek - School Nurse