



ENSURING WELLNESS: A PARENT'S GUIDE TO WHEN KIDS SHOULD STAY HOME FROM SCHOOL DUE TO ILLNESS

Illness Prevention: Keeping Kids Healthy

OUSD Health Services nurses' utmost priority is to ensure the health and well-being of all of our students. This brochure aims to provide parents with valuable information, practical tips, and guides to help prevent the spread of illnesses among children. By working together, we can create a healthy and safe environment for everyone in our school community.

ESSENTIAL STEPS TO PREVENT ILLNESS

1. PRACTICE PROPER HAND HYGIENE

- teach your child the importance of hand-washing, especially before eating and after using the restroom
- use soap and water for at least 20 seconds

2. COVER COUGHS & SNEEZES

- teach your child to cover their mouth and nose with a tissue or elbow

3. ENSURE VACCINATIONS ARE UP TO DATE

- follow the recommended vaccination schedule for your child's age

4. PROMOTE HEALTHY HABITS

- encourage a balanced diet with plenty of fruits and vegetables
- provide regular exercise and physical activity opportunities
- ensure your child gets enough sleep and rest for optimal health

5. KEEP SICK CHILDREN AT HOME

- identify symptoms that require keeping your child home from school
- follow the recommended duration for specific illness; returning to school too soon may delay recovery from illness and may expose others
- communicate with the school regarding your child's absence

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Is Your Child Too Sick for School?

A Parent's Guide

We understand that as parents, ensuring the health and well-being of your child is of utmost importance. This resource aims to provide you with valuable information and guidance to help you navigate the challenging decision of whether to keep your child home from school when they are unwell.

By keeping your child home when they are sick, you not only prioritize their individual health but also contribute to the overall well-being of the entire school community. It is crucial to remember that certain illnesses can spread rapidly among children in a school setting, and by taking preventative measures, we can help minimize the risk of outbreaks and maintain a healthy learning environment.

This guide will help you identify common signs and symptoms that indicate your child may be too sick for school. It provides guidelines on when it is appropriate to keep your child at home, allowing them to rest, recover, and reduce the risk of spreading illness to their classmates and teachers. We believe that by working together and following these guidelines, we can create a supportive and safe environment for all students.

We understand that making the decision to keep your child home from school can sometimes be challenging. We hope this guide will empower you with the knowledge and confidence to make informed choices regarding your child's well-being. It is important to remember that your child's health and recovery should be the top priority, and by keeping them home when necessary, you are helping to protect the health of the entire school community.

Remember, open communication with your child's school and healthcare providers is vital during this process. If you have any questions or concerns, please reach out to the school nurse or your child's healthcare provider. We are here to support you and answer any questions you may have.

Together, let's prioritize the health and well-being of our children and foster a safe and thriving learning environment.

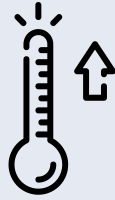
Thank you for partnering with us in this important endeavor.



SIGNS & SYMPTOMS

FEVER

To ensure the well-being of all students, it is important that children do not attend school if they have a temperature of 100.4°F (38°C) or higher. Please keep your child at home until their fever has subsided for a minimum of 24 hours without the use of medication. During the influenza season, children with a fever and other flu-like symptoms may be required to stay home for an extended period. It's important to remember that fever can sometimes indicate a more serious underlying issue. If your child's fever persists for more than three days, it is advisable to seek medical advice.



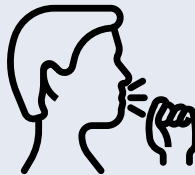
VOMITING AND DIARRHEA

To maintain a healthy environment for all students, it is important that children do not go to school if they are experiencing vomiting and/or diarrhea. Please ensure that your child stays at home until at least 24 hours have passed since their last episode of vomiting and/or diarrhea. If the vomiting and/or diarrhea persist and your child is unable to retain liquids, it is recommended to seek medical advice.



PERSISTENT COUGH OR COLD SYMPTOMS

If your child has a persistent, productive cough, excessive nasal congestion, sneezing, headache, body aches, earache, or a frequent runny nose it may be a sign of a contagious respiratory illness and they may not be well enough to attend school. Keep them home until symptoms improve. If your child experiences difficulty breathing, wheezing, or sudden high fever, chills, and/or body aches, contact their healthcare provider immediately.



SORE THROAT

If your child has a severe sore throat, difficulty swallowing, or a persistent, swollen, or pus-filled throat, they may have strep throat or another contagious infection. Consult their healthcare provider and keep them home until they receive appropriate treatment and are fever-free.



SKIN RASH

Skin rashes or irritations can occur due to various reasons, and it is crucial to identify the underlying cause. Some rashes can be highly contagious and may pose significant health risks. Therefore, it is essential to seek medical advice to accurately diagnose the condition. In certain situations, it may be necessary for children to remain at home until the rash subsides. Please note that in some instances, a doctor's note may be required before your child can safely return to school.



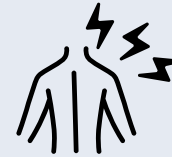
CONJUNCTIVITIS (PINK EYE)

Eye drainage, crusting, pain, or redness, may indicate an infection and should be evaluated. If your child is diagnosed with conjunctivitis and requires treatment, it is important for them to stay home for 24 hours after treatment begins to prevent the spread of the infection.



SEVERE FATIGUE OR MUSCLE ACHES

If your child is experiencing extreme fatigue, muscle aches, or shows signs of being unwell, it's best to keep them home until they feel well and/or consult with their healthcare provider.



RETURNING TO SCHOOL

Ensure your child meets the following criteria before sending them back to school:

- Fever-free for at least 24 hours without fever-reducing medication.
- No vomiting or diarrhea for 24 hours.
- Improvement in symptoms, such as cough, congestion, or sore throat.
- Complete any recommended treatment or medication course.

