



## WHEN TO KEEP A CHILD AT HOME



Our school must remain a healthy campus for all students and staff every day.

It is your responsibility as primary care giver, to make sure your child comes to school healthy & well. We ask that you please use good judgment & make sure your child stays at home and does not attend school if unwell.

### WHEN IS A DOCTOR'S NOTE NEEDED?

- Anytime a student has been sent home from school with symptoms of any illness or has been out of school for more than 2 days due to illness, a Doctor's note is required for student to be admitted back to school.
- When a student is taken out of school/dropped off late due to a doctor's visit, student must bring proof of visit when returning.
- Any childhood CONTAGIOUS diseases mentioned below.

Due to the Covid 19 pandemic, we will monitor all students at entry for a fever, and any other Covid-19 related symptoms. If child shows any symptoms, child will not be admitted to school.

### COVID -19

A temperature higher than 99.5, cough, chills, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or any other Covid19 symptoms.

#### Isolation

A mandatory isolation of 5 days is required as per LA County Dept of Public Department of Health. *Must submit a negative test before returning to school.*

#### Quarantine

Is 5 days after exposure. Students who are fully vaccinated do not have to quarantine & may attend school if they have no symptoms. *(Must provide proof of vaccination).*

### FEVER

A temperature higher than the normal body temperature of 98.6. Child can only return when fever has subsided and after a 24 hour period without use of fever reducing medicines.

### FLU

The symptoms are regular flu like: runny nose, nausea, vomiting, diarrhea, sore throat.

### BRONCHITIS

Begins with voice hoarseness, cough, and slight elevation in body temperature. The cough may be dry and painful and gradually becomes productive.

### DIARRHEA

Watery or greenish bowel movement that occurs more frequently than usual. (maybe infectious). If a child is sent home from school due to diarrhea, child must rest for a full 24 hour period before returning to school.

*Child cannot attend school the very next day.*

### VOMITING

This may be a sign of an upset stomach, or of something more serious. Please consult doctor.

**ANTIBIOTICS** If a child is prescribed an antibiotic medication, *child cannot attend school until medication has been taken for a full 24 hour period.*

## **CONTAGIOUS DISEASES**

**CONJUNCTIVITIS** An eye infection commonly referred to as pink eye. The eye is generally red with some burning and/or itching, there is also a yellow secretion.

**HAND FOOT & MOUTH**. A viral disease easily spread through direct contact; very common with young children. Fever, sores and blisters on tongue, gums and cheeks, rash/blisters on palms and bottom of feet.

**SKIN RASHES** Any rashes or skin irritations that have not been identified or diagnosed by a physician.

**IMPETIGO** A skin disease that shows up as red pimples. These become small blisters surrounded by a reddened area. When blisters break, the surface is raw and weeping. Lesions most commonly occur in moist areas of the body such as the creases of the neck or groin, under the arms, elbows & knee joints, as well as on the face. This is a very contagious disease.

**CONTAGIOUS DISEASES** German measles, chicken pox, mumps, roseola, fifth's disease & other common Diseases  
Child must be kept home until no longer contagious.

**STREP THROAT** A condition of a very inflamed throat. Swallowing becomes difficult and a cough may persist.

**SEVERE COLD WITH FEVER, SNEEZING, NOSE DRAINAGE AND/OR PERSISTENT COUGHING**

Children must stay at home if experiencing any of the above symptoms.

***This is a list of common childhood illnesses; we want to thank you for your utmost cooperation in ensuring that your child does not come to school if showing symptoms of any/all the above diseases.***

## **MEDICATIONS AT SCHOOL**

- If a child needs to take medication at school, a **Medication Form** must be completed by parents and given to child's teacher together with the medication.
- Please inform the teacher if medication needs to be refrigerated.
- Please do **NOT** send any medications to school in your child's lunch box or back pack.
- If your child needs an Inhaler/Nebulizer/Epipen, we suggest that one be kept at school.
- For medical devices kept at school, appropriate forms must be completed. Please make an appointment to talk to your child's teacher and explain the use of these devices.
- Forms can be found on our school website under the INFO tab.

***We sincerely appreciate your cooperation in ensuring all children at school everyday are healthy.***