



Deer Park Community City Schools Guidelines for Keeping Your Child Home from School

Dear Parent/Guardian(s):

The health and safety of the students at Deer Park Jr./Sr. High School is of the utmost importance. As we are now in the midst of cold and flu season I would like to share some reminders to keep your child healthy and learning, and to prevent the spread of disease to others.

Deciding when to keep your child home from school can be difficult. The following guidelines can be followed when deciding if your child should stay home or come to school:

Common Cold:

- Symptoms include irritated/sore throat, sneezing, mild to moderate cough, watery discharge from nose and eyes and general body discomfort.
- Your child should remain home if symptoms are serious enough to interfere with his/her ability to learn. Medical care should be obtained if symptoms last more than 7-10 days, nasal discharge becomes yellow or green or a fever develops.

Flu:

- Symptoms include abrupt onset of fever, headache, body aches/chills, fatigue and weakness.
- Your child should remain home from school until symptoms have resolved and your child is without fever for 24 hours without the use of fever reducing medications such as Tylenol or Ibuprofen.
- Additional information regarding the flu can be found at:
<https://www.cdc.gov/flu/highrisk/parents.htm>

Fever:

- If your child has a temperature of **100 degrees or higher** he/she should remain home until his/her temperature is under 100 degrees for 24 hours without the use of fever reducing medications such as Tylenol or Ibuprofen.

Diarrhea or Vomiting:

- If your child has vomiting or diarrhea he/she should remain home until there is no vomiting or diarrhea for a full 24 hours. If your child has had vomiting or diarrhea during the night, he/she should not be sent to school the following day.

Strep Throat:

- Symptoms include fever, sore and red throat, white patches on the back of the throat and/or tonsils and tender, swollen glands of the neck.
- Your child should remain home until receiving a full 24 hours of antibiotic therapy **and** is without a fever for 24 hours. It is important for your child to complete the full course of prescribed antibiotics to completely eliminate the strep bacteria from the body.

Pain:

- If your child has significant pain that affects his/her ability to move and participate in regular school activities, he/she should be evaluated by a physician before coming to school.



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Skin Rashes:

- Skin rashes of unknown origin should be evaluated by a physician before your child is sent to school. Since skin rashes are often contagious, please bring a note from your physician indicating the rash is not contagious and that your child may return to school.

Pinkeye:

- Redness and swelling of eyes with burning or itching, drainage or crusting on the eyelids. Your child should be evaluated by a physician and remain home until receiving a full 24 hours of antibiotic therapy and discharge from the eye(s) has stopped.

Remember to continue to wash hands frequently and practice good respiratory etiquette such as coughing into an elbow or tissue!

If you are ever in any doubt about whether your child should come to school please contact the school nurse or your child's physician.

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School Nurses