

FRIDAY HARBOR ELEMENTARY SCHOOL

Is My Child Too Sick To Go To School? A Guide for Parents



Look for unusual changes in your child's health:

APPEARANCE/BEHAVIOR

Unusually tired, pale, no appetite, hard to wake or confused, complaining of stomach pain.

EYES

If there is drainage, vision changes and/or redness of the eyelid, itching, pain or sensitivity to light. This may be a sign of "pink eye" (conjunctivitis) and the student should be checked out by a health care provider.

FEVER

Temperature of 100 degrees Fahrenheit (38 degrees Celsius) or higher. Students need to be fever free for 24 hours before returning to school - WITHOUT fever medications to reduce the fever.

BAD COLD AND/OR COUGH

Students need to be able to cover their cough and/or sneeze to be at school. Excessive coughing inhibits learning. If a cough or cold persists for more than 2 weeks, the student may need to be seen by a healthcare provider.

DIARRHEA

Two or more watery stools in 24 hours, especially if the student acts or looks unwell. Students should stay home for 24 hours after the last watery stool.

VOMITING

Vomiting two or more times in 24 hours. Students should stay at home for 24 hours after the last time they vomited.

RASH

Bothersome body rash, especially with fever or itching. Some rashes may be spread to others and should be checked by a health care provider.

INJURY/SURGERY

If students are unable to concentrate due to pain or pain medication, they should stay home. Please have your health care provider contact the school nurse to help your child safely return to school. Letting the school nurse know in advance of any planned surgery will be helpful.

STILL HAVE QUESTIONS about whether or not your student is healthy enough to come to school? Please contact the school nurse or your child's health care provider.

Please keep ill students at home. Encouraging frequent hand washing and covering coughs helps protect everyone, including those with fragile immune systems.

Students are expected to participate in all parts of the school day including PE and recess. If your doctor has restricted activity, please send in a doctor's note stating this.

Thank you for your support in keeping our students healthy and safe.