


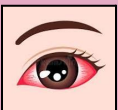
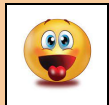


# When Should I Keep My Child Home from School?

What symptoms does your child have?	For your information.	How long should my child stay home?	Is a doctor's note required to return to school?
 <b>Fever</b>	Check your child's temperature using a thermometer.	<p>If your child's temperature is:</p> <p><b><u>Less than 100 F:</u></b> monitor-may attend if no other symptoms.</p> <p><b><u>Greater than 100 F:</u></b> Keep at home. Remain at home 24 hours after your child's last temperature. Your child should also not have needed any fever reducing medications for 24 hours prior to returning to school.</p>	Recommended after 3 days, required after 5 days absent.
 <b>Diarrhea</b>	Students experiencing diarrhea more than once, should be kept home for observation of worsening symptoms.	<p>Your child will need to stay home for <b><u>at least 24 hours</u></b>, timed from the last time your child had this symptom.</p> <p><b>*Your child should also be back to eating and drinking normally and feeling improved.</b></p>	No, not unless there is a more severe illness and will be absent longer than 3 days.
 <b>Vomiting</b>	There are different reasons an individual can vomit. Sometimes a pre-existing condition such as reflux, eating out or something that didn't agree with your stomach, headache/migraines or from coughing or cold symptoms. Other times it could be related to a stomach bug, virus or other illness.	<p>Your child will need to stay home for <b><u>at least 24 hours</u></b>, timed from the last time your child had this symptom.</p> <p><b>*Your child should also be back to eating and drinking normally and feeling improved.</b></p>	No, not unless there is a more severe illness and is absent longer than 3 days.
 <b>Pink Eye</b>	Red or watery eyes with a yellowish discharge, constant tearing, the white part of the eye is pink or red in appearance, waking up with crusty eyelashes, complaints of the eye hurting or feeling uncomfortable, and itching of the eye are symptoms of conjunctivitis or pink eye. Conjunctivitis can be caused by a virus, bacteria or by allergies for these eye symptoms.	<p>Students should be kept home and be evaluated by the doctor for these eye symptoms. If the doctor diagnoses your child with a bacterial infection also known as conjunctivitis or pink eye, your child will need to <b><u>stay home for 24 hours after receiving the prescribed eye drops.</u></b></p> <p><b>*You will be notified by the nurse if your child is exhibiting worsening signs of an eye infection, and a doctor's note will be requested.</b></p>	<b>Yes</b> , a doctor's note is required to return to school.



## Sore Throat

If a sore throat develops and your child is without a fever or other symptoms, your child may attend school. Monitor for any additional symptoms.

You will be notified by the nurse if your child is exhibiting worsening signs of a throat infection and a doctor's note may be requested.

**Strep Throat:** If your child is diagnosed with strep throat by a doctor, your child must start the antibiotic and be on it for 24 hours prior to returning to school. Students should be fever free for 24 hours without taking any fever-reducing medications such as Tylenol or Motrin for **24 hours** prior to returning to school.

\* Please be sure that your child can eat and drink regularly and is generally feeling improved prior to returning to school.

**Yes**, a doctor's note is required to return to school for those diagnosed with strep throat.



## Flu/RSV/Colds/Cough

Keep in mind that coughs can persist for a few weeks; however, students who are coughing non-stop or to the point of gagging should stay home until seen by a doctor. Please **do not send in** cough drops, eye drops or cold medicine. If your child needs any medication during the school day please reach out to your school nurse.

If your child is tested for any viruses, please let the nurse know any results or the length of time expected to be absent. .

Students must stay home until fever free for 24 hours without the use of fever reducing medications.

**Yes**, if the cold or virus was diagnosed or tested by the doctor. Otherwise, for minor colds please follow regular sick day rules.



## Covid

### Symptoms:

Fever or chills  
Cough  
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, Vomiting, or Diarrhea

We continue to follow the CDC recommendations. Keep your child home, **Isolate for 5 days, then return to school with a mask for an additional 5 days (strongly recommended)**. If your child or someone in the household tests positive for COVID *please reach out to your school nurse* for specific guidance.

[CDC Guidance](#)

Recommended but not required as symptoms and severity of illness can vary.

\*If your child is absent beyond the isolation recommendations, a doctor's note will be requested.



## Head Lice

Please know that head lice do not carry disease. They are a “nuisance” problem. The lice themselves are hard to see because they move fast; however, the eggs (nits) appear as tiny white or tan ovals that are firmly attached to the hair shaft. Head lice are mostly spread by direct head to head contact and they do not jump or fly. Head lice are found in every socioeconomic status and geographic region. **Symptoms of a head lice infestation include:** itchy scalp, tickling sensation in the hair (especially behind the ears, neckline, and back of the head), or a rash on the back of the neck. If one household member has head lice, everyone that lives there should be checked. There are many treatment methods out there and not all of them work. Head lice cases are considered “low contagion” risk in the classroom. *Contact your doctor or school nurse for guidance.*

Keep your child home initially if your child has head lice. A shampoo treatment and removal of the nits is required to attend school.

Notify any individuals your child has been in recent contact with. If you find that your child has head lice they can be treated and return to school the next day. *Please call the school nurse.*

More information can be found at the following:

- [https://www.cdc.gov/parasites/lice/head/gen\\_info/faqs.html](https://www.cdc.gov/parasites/lice/head/gen_info/faqs.html)
- <https://www.headlice.org/>

**No**, a doctor’s note is not required. Please contact the school nurse prior to returning.

## Attendance/Calling Your Child Out of School

- If your child will be absent or late **please call the school and leave a message on our 24 hour attendance line**. You may also email the nurse or school secretary when necessary.
  - If your child is sick or injured, please provide details of the injury or illness, as well as their expected return date.
  - Call the school nurse if any medical concerns need to be discussed privately.
- If you do not call/email, a robo call/text/email will be sent. This is a reminder to contact the school and report your child’s absence.

## Breakfast/Lunch/Snack after School/Water Bottle

- Just a reminder to encourage your child to eat breakfast or a snack prior to coming to school. There are many students who do not eat and wind up with an upset stomach, feeling tired, or a headache during the morning hours prior to lunch. Eating lunch is also a very important part of your child's day to feel fueled and ready to learn.
- Encourage your child to drink plenty of water throughout the school day. Staying hydrated can help reduce headache or dizzy symptoms.
- If your child participates in sports or after school activities, be sure to have them pack a snack for after school.

## Injuries/Casts/Crutches/Boots/Slings

If your child is severely injured and requires a cast, splint, sling or crutches you must contact the health office. When your child has injured an extremity that requires a supportive device this can pose some safety concerns during the school day. Sometimes, special care plans or safety plans need to be developed in order to provide safe passageways through a crowded hallway, a fire exit plan, help carrying books, or a pass to leave class early to avoid bumping into other students.

### What do you need to do if your child has a cast, splint, sling or crutches?

- **Call** and alert the health office.
- Have your doctor write a note describing the injury and follow-up care.
- A **doctor's note** stating whether or not your child can participate in gym or recreational time, and the dates the child's activities will be suspended.
- A doctor's note indicating any pain medication needed during the school day.
  - (Please have the doctor fill out a Medication Dispense Form).
- When your child is healed, you will need a **doctor's note in order for the student to return to gym** or recreational time activities.
- **DO NOT** send your child to school on crutches without a Doctor's note indicating the use for crutches in school. Without a doctor's note, your child will not be able to use them during the school day.
  - Crutches can be very dangerous, not only to the injured individual, but also to those surrounding the individual. Crutches require proper instruction and demonstration in order to keep everyone safe from harm. If your child is using crutches, he or she should not carry a book bag and definitely should not attempt to go up or down steps.

## Reminder to Update the Nurse on Health Conditions

- Please email or call the health office to update any new medical concerns, allergies, food allergies, medical diagnoses, need for accommodations, or changes in medication throughout the school year.

### \*Asthma Action Plans (New Jersey Law 18A: 40-12.8)

The Asthma Action Plan is designed to help you talk to your doctor, the school nurse, and your child about managing asthma. The New Jersey Department of Education, and the New Jersey Department of Health and Senior Services endorse the Asthma Action Plan. According to New Jersey State Law, if your child takes medications for his or her asthma, an action plan must be completed by your child's physician and returned to the health office every school year. A rescue inhaler should also be carried by your student or kept in the nurse's office. [Asthma Action Plan](#)

### \*Individual Health Forms and Emergency Forms

If your child has any health conditions such as food or environmental allergies, asthma, seizure disorders, or any other condition requiring medication or emergency interventions please contact the school health office. Those students with severe allergies, who require Benadryl or an Epi-Pen, will need a **Medication Dispense Form** and an **Allergy Form** to be filled out by the student's physician and parent. These forms are necessary for the safety of your child while in the school setting. [Medication Dispense Form](#)

- Medication can not be given to your child without a doctor's note indicating the medication, reason for giving, dosage, time at school and for how long.
- Medication must be dropped off and picked up by the parent in a pharmacy labeled box or container.

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