

Illness and School Attendance: When Should My Child Stay Home?

Parents often have questions regarding when a child should stay home from school due to illness. In general, AAS uses the following guidelines:

- **Elevated temperature** – above 100 F/37.7 C within the last 24 hours (normal body temperature is 98.6 F/37 C)
- **Vomiting** – within the last 24 hours
- **Diarrhea** – within the last 24 hours
- **Strep throat** – must be on antibiotics for at least 24 hours before returning to school
- **Nose discharge** – thick, colored drainage (may need to be evaluated by a physician)
- **Head lice** – until treated with medicated shampoo or oil treatment and/or no live lice found
- **Chickenpox** – stay home until all blisters have dried to scabs (about 6-10 days)
- **Rash** – stay home until the rash is diagnosed as non-contagious. Skin rashes may or may not be contagious. However, this diagnosis cannot be made at school. If a skin rash occurs, the child should remain at home and a physician should be contacted for diagnosis and appropriate treatment.
- **Pink eye** – refers to an inflamed eye. It often includes sticky discharge from the eye and pinkish tint to the sclera (whites of the eye). Prescription eye drops may be needed. Your child should receive the eye drops for 24 hours before returning to school. Contact your child's physician for advice/treatment.
- **Cough** – repetitive coughing that interferes with child's activity or play may need to be evaluated by a physician.

In cases where one of these conditions arises at school (i.e. elevated temperature, vomiting, diarrhea, draining/watery eyes, skin rash), the parent will be contacted to take the child home. If the parent cannot be reached, one of your emergency contacts will be asked to pick up the child. School personnel are **NOT** able to transport students home. Please be sure to have all emergency contact information up-to-date.

If you suspect that your child is ill, please keep them home and have them checked with your health care provider before sending them to school. For the health of the community, this is a better option than sending them to school until you can secure an appointment. It is also better for your child because if they are already sick, they are likely to be more vulnerable to other illness to which they may be exposed at school.

Upon their return to school, the student should bring written documentation from the health care provider indicating the diagnosis and information regarding the need for exclusion due to communicability. Report all absences to your school division and if ill, remember to give specific details as to the reason for your child's absence and presenting symptoms. Secretaries or attendance personnel will forward calls involving communicable illness to the health office.



You can help prevent many illnesses by making sure your child's immunizations are up-to-date. Also, hand washing is the single most important way to reduce the spread of infectious diseases in school. Please encourage your child to wash their hands properly and frequently, especially after use of the bathroom, after playing outdoors, after blowing their nose, and before eating.

Medication: If a student needs to receive medication while at school, the medicine is to be delivered to the Health Office (room 143) before school in the morning with a note from parent/guardian. The medication should be in a labeled container with the student's name, medication name, dosage, and prescribed regimen. If medication contains a controlled substance (Ritalin, Codeine) the medication must be brought to the Health Office by a parent/guardian. **No student is allowed to self-medicate and all medicines must be taken under the direction of the health office staff. This includes aspirin, antacids, cough drops, and nose/eyes drops.**

Health Conditions: Students with health conditions such as [asthma](#), [diabetes](#), [seizure disorders](#), or [severe allergies](#) need to have an updated plan of care, completed by you and your health care provider each fall (click links to download forms). Remember to have any prescriptions filled for medicines/inhalers/Epi-pens that you may not be able to purchase here in Moscow. Please be advised that the AAS Health Office is only able to administer Flu vaccines (each fall) and Tick Borne Encephalitis vaccines (in the spring). We ask that all other needed immunizations be administered by your own family physician or health care provider.

It would be greatly appreciated if parents of both returning and new students could complete and return all health information to the health office as soon as possible. This includes **student health records, emergency contact numbers and documentation regarding immunizations/tests**. All returning students were notified of any missing immunization/test requirements prior to summer vacation.

Please keep this as a reference throughout the school year. We all need to work together to control communicable diseases and to create a healthier environment for the children. We look forward to a healthy and successful school year. Please feel free to call the Health Office at 8(812)320-8925 ext. 15911 or e-mail me at anna.menshchikova@aas.ru if you have any questions.

Thank you,
AAS Nurse