

When to stay home...

Guidelines for determining if your student is able to return to school:

** To prevent further spread and according to state requirements, students with certain illnesses are not allowed to come to school while contagious. Any child returning to school after having a contagious condition should:

1. Be free of acute illness symptoms.
2. Have a temperature below 100.0 degrees F for 24 hours without fever reducing medication.
3. No vomiting or diarrhea for 24 hours.
4. If antibiotics are required, students should take medication for 24 hours prior to returning to school.
5. In the case of a rash or skin infection: all lesions or breaks in the skin are in the healing phase. Cultures or a medical release may be required for slow-healing lesions.

Symptoms	...of a Cold	...of the Flu
Fever	Rare	Usually present. Higher than 100.0 F is associated with the flu.
Chills	Mild	Moderate to severe
Headache	Uncommon	Common
Body Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Fairly Mild	Moderate to severe
Runny/Stuffy Nose	Common	Sometimes
Sneezing	Yes	No
Sore Throat	Common	Not common
Chest Discomfort	Mild to Moderate	Often severe
Treatment	Antihistamines, Decongestants, Pain relievers	Antiviral medications-see your doctor
Prevention	Wash your hands often with soap and water; Avoid close contact with anyone with a cold	Wash your hands often with soap and water; Annual vaccination; Antiviral medications-see your doctor
Complications	Sinus Infection, Ear infection, Asthma, Bronchitis	Sinus infection, Bronchitis, Pneumonia; Can worsen chronic conditions; Can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children and pregnant women.