

Eden Valley-Watkins Elementary Schools

Is My Child Too Sick To Go To School?

A Guide for Parents

Appearance/Behavior – unusually tired, pale, no appetite, hard to wake or confused.

Eyes – If there is drainage, vision change, and/or redness of the eyelid, itching, pain or sensitivity to light. These are signs of “pink eye” (conjunctivitis) and the student needs to be checked by a health care provider. If diagnosed the student needs to be on medication for at least 24 hours prior to returning to school.

Ear Infections – Unless properly treated, can cause permanent damage. Please see your health care provider.

Fever – Un-medicated temperature of 100 degrees or higher. Students need to be fever free for 24 hours before returning to school WITHOUT medications to reduce fever.

Bad Cold and/or Cough – Students need to be able to cover their cough to be at school. If a cough or cold persists for more than 2 weeks, the student may need to be seen by a health care provider.

Sore Throat – A minor sore throat is usually not a problem, but a severe sore throat could be a symptom of a more serious illness. If diagnosed with strep throat a student needs to be on medication for at least 24 hours prior to returning to school.

Diarrhea/Vomiting – Your child must stay home until the illness is over for 24 hours after the last episode, without medication.

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

If diagnosed with **Impetigo or MRSA**, a student needs to have taken / used a medication for at least 24 hours prior to returning to school. If drainage (“pus”) is present then it must be covered. If unable to cover it then the student needs to remain out until the drainage (“pus”) has stopped.

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 is helpful.

When you send in a note or call in your child’s absence, please remember to state why your child was absent. It helps us monitor illness.

Keeping ill students at home, encouraging frequent hand washing, and covering coughs protects everyone, including those with fragile immune systems.

Still Have Questions – about whether or not your child is healthy enough to come to school? Contact the school nurse at (320) 453-2900, ext. 2135.

Thank you for your support to keep students safe and healthy.