



Sumner County School Nurse Program

Send Home-Stay Home Guidelines

The following are guidelines covering some, not all, conditions that may require your student to stay home or be sent home from school. If your child is sent to the school nurse during the day, a nursing assessment will determine if your student needs to be sent home. Please call your school nurse with any questions or concerns.

Fever

Fever is generally defined as a core body temperature of 100.4 F or greater (not 104.). **A reading of 100.4 F, or greater, with any thermometer is a fever.**

- Your student should be without fever for a full 24 hours, **without fever-reducing medication**, before returning to school. This is because sick children often do not develop fever until the afternoon or evening. If your student has a fever, **do not** give a fever-reducing medication (Tylenol, Advil, etc.) then send them to school.

Vomiting

If vomiting is likely due to diagnosed reflux, or is an anxiety-related symptom, you should observe them for at least 1 hour before sending them to school. If your student has vomited twice in the last 24 hours, please keep your student home.

Diarrhea

Vomiting and diarrheal illnesses can be extremely contagious. Encourage your student to wash their hands with soap and water after toileting and before eating. If your student experiences a few episodes of diarrhea, they may be able to go to school. If there is blood or mucus in your student's stool, your student should be evaluated by their health care provider and return to school guidance will be given.

Sore Throat

Most sore throats occur due to a mild viral illness and will self-resolve. If your student does not have fever and does not feel otherwise ill, they may attend school. If the sore throat is accompanied by other symptoms such as headache, stomachache, and/or rash, your student should see their healthcare provider to rule out strep throat or other contagious illnesses. If your student is diagnosed with strep throat, they may return to school 12 hours after their first antibiotic dose.

Red or Runny Eyes

Conjunctivitis ("pink eye") is inflammation of the thin tissue covering the white part of the eye and the inside of the eyelids. Symptoms can include red or pink, itchy, painful eyes with drainage. Conjunctivitis may or may not require antibiotics depending on the severity of symptoms. If you suspect that your student may have pink eye, contact your health care provider for guidance. Hand hygiene should be emphasized with any student with suspected pink eye to minimize contagiousness.

Flu or COVID

If your student has tested positive for the flu or COVID, please follow the guidance given from your healthcare provider. Your student should be fever free for 24 hours without the use of fever reducing medications and have symptom improvement.

Rashes

Scabies is a common, very itchy rash caused by a mite burrowing under the skin surface. Small bumps or raised lines are visible on the forearms and hands, and on the trunk and groin area. Often other family members have it as well. Your healthcare provider should see your student if you suspect scabies. **If diagnosed with scabies, please bring a doctor's note as proof of treatment.**

Impetigo is a contagious superficial skin infection that appears as small, red pimples or fluid-filled blisters with crusted yellow scabs. It can be seen anywhere on the skin but is often found around the nostrils and lips. Your healthcare provider should see your student if you suspect impetigo. **Treatment should be started before returning to school.**

Staph Infection/MRSA are commonly seen in school-aged children. Usually, it manifests as a pink or red, firm, very sore area. Your student's healthcare provider should see your student if you suspect a staph infection. **Upon return to school, please provide proof of treatment and lesions must be covered.**

Fifth's Disease is a common viral rash which causes bright red cheeks ("slapped cheek disease"), followed by a pink, flat, lacy-appearing rash on the upper arms and tops of the thighs. Most children feel well with Fifth's, and once they develop the rash are no longer contagious. **They may attend school.**

Ringworm is a fungal infection of the skin of the body, feet, or scalp. Symptoms are red, circular patches with raised edges. Ringworm can be treated with anti-fungal creams, over the counter, such as Tinactin, Micatin or Lotrimin. **Your student may return once ringworm treatment has been initiated and it must be covered.**

Please use this as a guide when deciding whether to keep your student home or to send them to school. Research shows that chronic absenteeism, no matter its cause, has real life consequences for students and families. Our goal is for your student to attend school at optimum health. If you are unsure whether to send your student to school or keep them home, contact your student's healthcare provider.

Thank you,

Sumner County School Nurses