



Gibraltar School District -- Nursing Services, 19370 Vreeland, Woodhaven, MI 48183
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WHEN TO KEEP A CHILD HOME FROM SCHOOL

As recommended by the Gibraltar School District Nursing Services Department
using guidelines from the Centers for Disease Control and Mich. Assoc. of School Nurses

It is important, for the health of all students, staff and families that your child **not is at school when sick**. The following guidelines are appropriate reasons to keep your child home from school:

- As directed by your child's health care provider.
- A fever of 99° F or higher. Your child should be fever free (temperature under 99° F) without the use of fever-reducing medication for 24 hours before returning to school.
- A consistent, goopy, runny nose.
- White or yellow drainage from the eye, red eyes, crusty eyes, and/or redness of the eyelid or skin surrounding it.
- A bad cough – one that you wouldn't want your well child around.
- A sore throat, especially with fever or swollen glands in the neck.
- Complaints of an earache.
- Shortness of breath or other problems with normal breathing.
- A child that seems ill – unusually tired, pale, difficult to wake, has headache, body ache, or chills, is confused or irritable, and/or lacks normal appetite.
- Any rash that is not documented by a physician as being non-communicable.
- Vomiting and/or diarrhea within the last 24 hours with or without persistent abdominal pain. Your child should be free of vomiting or diarrhea for 24 hours before returning to school. Some diarrhea or vomiting may be related to bacterial or viral germs. You are recommended to contact your health care provider if your child has vomiting or diarrhea for possible treatment.
- If your health care provider has prescribed antibiotics, your child needs to remain at home for at least 24 hours after starting antibiotics.
- Any infectious or contagious disease that can infect other children such as, but not limited to, chicken pox, influenza, whooping cough or gastroenteritis.
- Presence of head lice. Student may return to school after proof of initial treatment with lice-treatment shampoo and after all lice eggs have been removed. Student must be checked in by trained office staff.

If you have any concerns about any of the above symptoms or conditions, please contact your health care provider. **Please notify the school office if you are keeping your child home** due to illness or for any of the reasons listed above. All medical information will be kept confidential in accordance with State laws and guidelines.

HOW DO GERMS SPREAD?

Germs spread through different routes. Cold and influenza viruses most often spread from person-to-person through respiratory droplets by sneezing and coughing. Germs also spread by touching surfaces contaminated with respiratory droplets. Desks, doorknobs, pencils, and other commonly touched items can be contaminated when a person who coughs in their hands then touches the surface. For you to become infected, you may touch the surface and then rub your eyes, scratch your nose or eat, allowing the germs to enter your body.

HOW DO I PREVENT THE SPREAD OF GERMS?

Preventing the spread of germs comes down to the basics. Practice excellent hand hygiene and respiratory etiquette will prevent the spread of germs. Hand washing with warm water and soap will reduce your chances of being infected. Teach your child to wash their hands properly. Covering your mouth and nose when coughing and sneezing will prevent the spread of germs. Also teach your child to cover his or her cough and sneeze. **If you are ill, stay home.** This will prevent germs from spreading throughout your work community. **Children should also be kept at home if they are ill to prevent germs from spreading in their school.**