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### Guidelines for Keeping Your Child(ren) Home From School

Parents/caregivers are expected to pick up any ill or injured child within a reasonable time as agreed with school staff. To prevent the spread of illnesses, please keep ill children at home. The guidelines below are guidance. Remember to notify the school office daily if your child is sick.

### Remember the 24-Hour Rule

#### Keep your child home for 24 hours after:

- A fever has resolved without the use of fever-reducing medication (Tylenol, Advil or Ibuprofen)
- Diarrhea, nausea or vomiting has resolved
- Receiving/starting antibiotics

Below are additional guidelines for common illnesses your child(ren) may experience

Illness/Disease	Symptoms	Recommendations
Common Cold	Stuffy nose (clear drainage) Sneezing Mild Cough	Should attend unless not able to participate in activities
Covid Positive	Stuffy nose (clear drainage) Cough Fever, chills, sweats Body aches Loss of taste and smell	Day zero is the first day of symptoms, isolate through day five, return to normal activities on day six if your symptoms are improving and you are fever-free for 24 hours without the use of fever-reducing medications (acetaminophen, ibuprofen, etc.).  If there are no symptoms, day zero is the day you test positive.
Earache	Trouble sleeping Ear tugging Poor appetite	24-Hour Rule (see above)
Stomach Flu	Fever (100 or higher) Body aches Vomiting	24-hour Rule (see above)
Diarrhea	3 or more loose stools in 24 hours	24-Hour Rule (see above)
Hand, Foot and Mouth Disease	Rash on hands, feet, or mouth Sore throat Vomiting Diarrhea	24-Hour Rule (see above)
Head Lice	Itching scalp, especially behind ears and nape of the neck Live lice or nits	May stay in school the day identified
Impetigo	Small red pimples Fluid-filled blisters Crusted yellow scabs often around nose and mouth	24-Hour Rule (see above)
Influenza	Sudden onset of fever Sudden onset of body aches	24-Hour Rule (see above)

	Sore throat Cough Congestion	
Pink Eye	Re/Irritated eyes Drainage of mucous Drainage of pus	Keep home with a fever, if behavior changes, or child is unable to avoid touching eyes
Strep Throat	Swollen lymph nodes Fever, chills, sweats Decreased appetite	24-Hour Rule (see above)
Rash	Raised red areas Itchy red areas	Keep child home with any rash of undetermined origin

Please obtain a doctor's note if your child has seen a provider during school hours.