



When to Keep Your Child Home

Recommendations from PSD Health Services

General Guidelines:

- If your child is contagious to other children
- If your child is too uncomfortable to learn or participate in learning.

Fever:

- Temperature of 100 degrees or higher
- Must be fever free for 24 hours without fever reducing medicines, such as Tylenol or Ibuprofen (i.e., Advil, Motrin)

Diarrhea:

Frequent watery stools

Appearance/Behavior:

Unusually tired, pale, or irritable, fever

Ear:

Ear pain and/or drainage from ear, fever

Eyes:

Eye drainage, redness and/or itching

Rash:

Body or local rash especially with itching, red bumps, discharge

Sore Throat:

Especially with fever, swollen neck glands and/or white areas on throat

Vomiting:

Especially if your child vomits before leaving for school in the morning

Upper Respiratory Infections/Colds:

If your child has a fever, large amounts of nasal drainage, a productive or dry cough that would be disruptive to your child and/or class, and/or significantly uncomfortable and unable to participate in class.

Burns:

- Burn is on your child's eye or eyelid
- The center of the burn is white or charred
- Burn starts to look infected with pus, red streaks, and/or increased tenderness
- Blisters that are greater than ½ inch in size
- If burn was caused by acid, alkali or electrical burn

Cuts and Scrapes and Puncture Wounds:

If you think your child has a serious injury or a cut that is split open or gaping, consult with your health care provider.

- Cuts longer than ½ inch may need stitches
- On the face, cuts, longer than ¼ inch may need stitches
- Open wound that may need stitches should be checked and closed within 6 hours
- Wound looks infected with redness, red streaks, swelling, fever and/or tenderness
- Your child may need a tetanus booster

Head Injury:

Call your health care provider if:

- Your child is knocked unconscious
- Headache
- Nausea/vomiting
- Unequal pupils/blurred vision, double vision
- Slurred speech/confusion/excessive drowsiness
- Loss of muscle coordination, such as falling down, dizzy, walking strangely or staggering
- Convulsions/seizures
- Bleeding or discharge from ear/nose

This information is for educational purposes. The Poudre School District Nurses and Health Technicians do not diagnose medical conditions. Please consult with your primary health care provider for questions about diagnosis, treatment or concerns. Our goal is to promote healthy environments for all students and staff.

Thank you for your cooperation.