

# Christ Church School Sickness Policy

When you keep your child at home at the first sign of a communicable disease, you are protecting your sick child from other health problems. You are also protecting other children, faculty and staff from exposure to the disease. If your child becomes ill with a communicable disease, contact your doctor to determine proper care, and then notify the school office. It is in the best interest of your child's well-being to keep them home if they are in an infections state. A sick child cannot learn effectively and is unable to participate in classes in a meaningful way. Keeping a sick child home prevents the spread of illness in the school community and allows the child an opportunity to rest and recover. If in doubt, please keep your child home an extra day. If your child is not well enough to participate in outdoor recess, he/she is not well enough to be at school.

## Minimum Periods of Exclusion from School

The following are some common communicable diseases and our sickness policy exclusion periods and requirements:

- Please report these conditions to the school office when they occur, but a note from a health care provider is not required for return to school.
- 1) **Fever-** The child should remain at home with a fever greater than 99°. The child can return to school after he/she has been fever-free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin).
- 2) **Vomiting-** If your child has vomited during the night, the child should not be sent to school. The child can return to school only after being symptom-free for 24 hours.
- 3) **Diarrhea-** If your child has had three or more watery stools in a 24-hour period, the child should be kept home. A child with diarrhea should stay at home and return to school only after being symptom-free for 24 hours.
- 4) **Colds-** A good rule of thumb is to keep a child home at the beginning of a cold... the most infectious time and when he/she feels the worst. Please keep your child at home if he/she is experiencing discomfort that would interfere with his/her ability to perform in school (i.e. uncontrollable coughing, severe lack of energy). If your child experiences green nasal discharge that continues throughout the day, or a cough lasting longer than ten days, or is accompanied by fever or chills and is productive of discolored sputum, consult with your physician. Return to school when the child does not have a persistent cough and feels well.
- 5) **Cough or congestion:** The child should remain home if the cough or congestion interferes with breathing and/or if wheezing.
- 6) **Chicken pox:** The child should stay home until there are no new spots and all old ones are scabbed over. Usually this requires student to stay home seven to ten days.
- 7) **Conjunctivitis (pink-eye):** Following a diagnosis of bacterial conjunctivitis, the child may return to school 24 hours after antibiotic treatment is started. Students with viral infection may return when eyes are clear.
- 8) **Coxsackievirus (Hand, Foot and Mouth Disease):** The child must stay home during the acute phase/stage of illness while fever or lesions exist.
- 9) **Head lice:** The child may return to school, only after treatment and when hair is free of nits. The child's head will be checked by staff prior to admittance to the classroom.

- Please report the following conditions to school office when they occur and please be aware a note from a health care provider stating that the child is non-communicable is also required for their return to school.

**1) Fifth Disease**

**2) Hepatitis A or B**

**3) Impetigo:** The child with impetigo may return to school 24 hours after treatment has begun and a doctor's note or proof of prescription is required upon return to school. Appears most often around the mouth or nose.

**4) Influenza A**

**5) Kawasaki Disease**

**6) Measles, mumps, rubella, and pertussis:** These illnesses are highly communicable and need to be diagnosed by a physician. Please report any suspicious cases to the school, so that follow-up can occur.

**7) Meningococcal Meningitis**

**8) Molluscum Contagiosum:** If the papules are red and inflamed they must be completely covered.

**9) Mononucleosis**

**10) Pinworms**

**11) Ringworm**

**12) Rotavirus**

**13) Scabies**

**14) Scarlet Fever**

**15) Shigellosis**

**16) Staph Infection (*Staphylococcus*)**

**17) Strep Throat:** A child may return to school, 48 hours after antibiotic is started, he/she feels well enough and temperature is normal. Note from health care provider still required.

Your child will be sent home immediately, if you bring him/her to school before the required 24-hour period. We entrust each parent to ensure the above policy is followed. This policy helps protect all Christ Church School children, faculty and staff from sickness before it spreads, and enables us to maintain a healthy, happy community. Your help is greatly appreciated!

In addition, it is our regular practice to make every effort to communicate with you as parents if we have a confirmed case of the following illnesses within our school community: chicken pox, conjunctivitis (pink eye), coxsakievirus, fifth disease, head lice, hepatitis A or B, impetigo, influenza A, Kawasaki Disease, Measles, Meningococcal Meningitis, Molluscum Contagiosum, Mononucleosis, Mumps, Pertussis, Pinworms, Ringworm, Rotavirus, Rubella, Scabies, Scarlet Fever, Staph Infection, Strep Throat.

If your child is diagnosed by a physician (written diagnosis is preferred and may be required in some cases) with any of the above illnesses, please communicate this with the school office so the information can be shared with the school community. Personal information regarding the child or family will not be released.

# Christ Church School Clinic Sick Report

For the health and well being of your child, faculty and staff, we strictly adhere to our sickness policy.

Date \_\_\_\_\_

Child's Name \_\_\_\_\_

Your child has the following symptoms and has been sent home today:

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Please do not send your child back to school until:

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\_\_\_\_\_ A doctor's note is required for your child to return to school.

\_\_\_\_\_ A doctor's note is not required for your child to return to school.

Your child will be sent home immediately, if you bring him/her to school before the required 24-hour period. (No exceptions to this policy). This policy helps protect all Christ Church School children, faculty and staff from sickness before it spreads, and enables us to maintain a healthy, happy community.