



SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT

Student Services Department

When Should a Student Stay Home From School?

Guidelines

Symptoms

Fever

: 100F or higher. Students should stay home until they have been fever free for at least 24 hours

Vomiting

Stomach flu=Stay Home! However, sometimes vomiting is caused by emotions, stress, self-induced, or coughing up mucous.

Stomach Ache

When accompanied by fever, diarrhea, or vomiting. As with vomiting, many stomach aches are related to stress. Other causes include poor nutrition or bowel function. With all of these listed symptoms, each student/situation must be evaluated individually.

Headache

Many students suffer from headaches, and there are many causes. Frequent or severe headaches and headaches related to head injury need a thorough medical workup, as well as a headache accompanied by a fever, severe vomiting, or changes in mental status. Proper nutrition (breakfast!), hydration, adequate sleep and use of glasses when indicated help to reduce or eliminate many student headache complaints.

Cough, sneeze, runny nose

Stay at home if accompanied by a fever or thick or greenish colored nasal drainage. Clear drainage is frequently caused by allergies.

Rash

Some rashes represent contagious diseases. Check with your school nurse or the Public Health Department for help to identify a rash that you are unsure of.

Diarrhea

Stay home if more than one episode in two hours.

Injury

Any injury that results in significant pain should be evaluated by the student's physician. Also, parents need to find out from the physician what activity restrictions are necessary upon return to school.

Chronic Illness

Diabetes, asthma, and severe allergies, are some examples of chronic illnesses which many students must learn to function with daily as these illnesses do not go away. Most students with chronic illnesses are able to attend school regularly with minimal support from the school nurse. The parents must make sure that the school nurse is aware of their child's chronic illness.

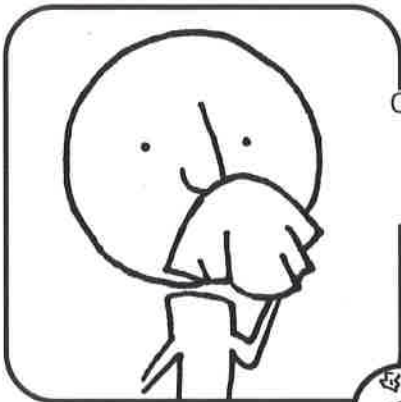
In Conclusion

Regular school attendance is crucial to a student's success in school. Your school nurse will be glad to help families that are having difficulty making connection with the medical community for appropriate evaluation and treatment of any condition or to answer any questions that you may have.

It's true: **"HEALTHY CHILDREN LEARN BETTER!"**

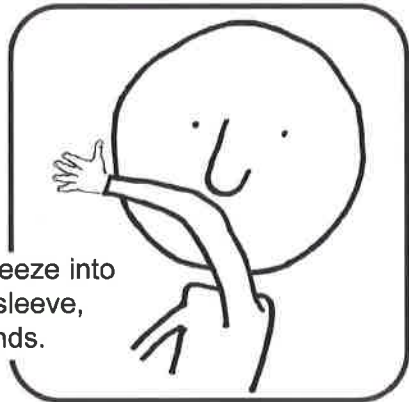
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

cough or sneeze into
your upper sleeve,
not your hands.

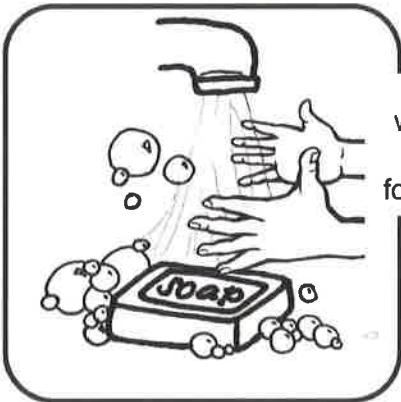


Put your used tissue in
the waste basket.



Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water
for 20 seconds

or
clean with
alcohol-based
hand cleaner.



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