



When to Keep Your Child Home From School

To help reduce the spread of illness to students and staff, please monitor your child for symptoms each day and keep your child home from school for the following reasons:



Symptoms of Illness Stay Home



The student may return after...

The information below indicates the shortest time to stay home. In some cases, students may stay home longer or require a medical note to return.



Fever (100.4+ degrees)

Your child should be fever-free for 24 hours without using fever-reducing medication such as Tylenol or Ibuprofen before returning to school.

Nausea, Vomiting, or Diarrhea

Your child may return to school after they have not vomited for 24 hours, have not had diarrhea for 24 hours without the use of medication, and is back on a regular diet.

Cough/Congestion

If your child's cough is frequent or severe and their nose is very runny, they would benefit from rest and fluids at home. When your child returns to school with a slight cough or congestion, wearing a mask is recommended.

Multiple Symptoms

If your child is experiencing multiple symptoms including those listed above and a sore throat, fatigue, muscle/body aches, headache, or shortness of breath, please contact the school to determine when they should return to school.

Rash

Consult with your child's healthcare provider regarding a rash with an unknown cause. Your child will need clearance from their healthcare provider before coming back to school.

Positive COVID-19 Test

Your child can return to school after 5 days of isolation if they do not have symptoms or symptoms are resolving after 5 days AND they have not had a fever for 24 hours without the use of fever-reducing medication. The child must wear a mask when around others for the next 5 days.

Communicable Illness

If your child has been diagnosed with a communicable disease requiring antibiotics (such as strep infection or pink eye), they need to be excluded from school until they have been treated with the antibiotic for 24 hours and they are feeling better.

Household Contact of Communicable Illness

If a household member is diagnosed with a communicable illness or virus of concern (such as COVID-19, influenza, whooping cough, etc.) please contact the school to determine if the student should attend or stay home. ECSD follows guidelines from the CDC, DHS, Rock County Health Department and Board Policy.

At the Discretion of a Medical Professional

If a medical professional, including the school nurse, has concerns about your child attending school for other reasons, you should discuss your child's condition with the school to determine when they are able to attend.



Children who attend school and are sent home for health-related reasons should not return the following day unless they have a clearance note from their physician.

When calling to report your child's absence due to illness, please list the symptoms that your child is experiencing. This allows us to monitor illnesses in our schools. When your child returns to school, wearing a mask is recommended while symptoms are resolving for a cough or transmittable illness.

Please promote effective ways to stay healthy, including: Frequent hand washing or use of hand sanitizer, coughing/sneezing into the upper arm or shoulder, keeping hands away from the face, staying away from individuals who are sick, staying current on vaccinations such as influenza and COVID-19, wearing a mask when ill, eating properly, and getting enough sleep.

Thank you for helping us keep our school environments safe and healthy!