



*Sick children belong at
home
Well children belong at
school*

MEDICATION AT SCHOOL

No medication can be administered by school district personnel without the written permission of the prescribing health care practitioner and parent/guardian.

MEDICAL INSURANCE

Students without medical insurance may be eligible for the Washington State Health Plan even if their parents are employed, call 1-877-543-7669. The Free Clinic of Southwest Washington 313-1390 provides health care for minor, acute illness and immunizations for uninsured children and adults.

**If you have any questions,
please contact your school
nurse.**

**SHOULD I
SEND MY
CHILD TO
SCHOOL
TODAY?**

Guidelines

Vancouver Public Schools

When to Keep Your Sick Child Home...

One of the problems most often confronting parents of school-age children occurs when a child complains of not feeling well on a school day. The following is not intended as medical advice, but is merely designed as a guideline to be followed until your health care provider can be contacted.

Children should usually be kept at home if any of the following conditions are present (keep in mind the absence of fever does not always indicate the child is well enough to attend school):

- Fever over 100 degrees within the past 24 hours
- Vomiting- within the past 24 hours
- Diarrhea- within the past 24 hours
- Undiagnosed skin rashes
- A communicable disease
- Evidence of a live lice infestation
- Persistent sore throat along with loss of voice, difficulty swallowing and/or rash
- Severe headache, toothache, or ear pain
- Stiff neck or headache with fever
- Skin infections
- Abdominal pain with low grade fever
- Eyes that are painful, red and matted

STOMACHACHE

Call your health care provider if your child has a stomachache which is persistent or severe enough to limit his/her activity.

DIARRHEA, EARACHE, TOOTHACHE

Consult your health care provider regarding treatment.

SORE THROAT

Call your health care provider if your child has one or more of the following symptoms:

- A fever of 100 degrees or higher
- Yellow or white patches in the throat
- Rash on the body
- Sudden onset of extreme sore throat or bright red throat
- Swollen glands

COLDS

Call your health care provider if:

- Secretions become thick and yellow or green
- Fever or earache develops
- Symptoms become worse or lasts longer than seven to ten days
- Persistent deep cough

SKIN RASHES

Not all rashes are contagious; however, a rash may be the first sign of one of many childhood illnesses. A rash may cover the entire body or only one area. Do not send your child to school until your health care provider says it is safe to do so.

HEAD LICE

When an active case of head lice is discovered, treat immediately and follow the instructions carefully. The most important step is checking daily for nits and removing them for at least 14 days.

EYE DRAINAGE

Red, itchy eyes with clear watery discharge may be caused by allergic reaction or viral infection. Red itchy eyes with yellow drainage may be caused by a viral or bacterial infection and often is accompanied by a cold. Antibiotic eye drops may be prescribed for bacterial infections. If antibiotic eye drops are prescribed, your child may return to school after 24 hours of treatment.