

## Illness Prevention

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Hand washing prevents the spread of disease and illness. Wash hands frequently using soap and water, especially before eating, after using the bathroom and handling pets.

Be sure your child's immunizations are up-to-date and he/she has routine well-child exams. Flu vaccinations are recommended for everyone from children ages 6 months through adulthood.

Teach your child to do the following when ill:

- Cover the nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash.
- Wash hands often with soap and water, especially after coughing or sneezing.
- Avoid touching the eyes, nose and mouth as that can spread germs.
- Stay home until recovered to prevent exposure to others.



### Chesterfield County Public Schools Student Health Services

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Midlothian, VA. 23112

804-639-8900, ext. 1311

<http://mychesterfieldschools.com/>

2016-2017

### Chesterfield County Public Schools Student Health Services

## Keeping Our Community Healthy: School Attendance and Sick Day Guidelines



# Making the right decision when your child is sick.

Chesterfield County Public Schools provides registered nurses to each school to protect and promote student health, and advance the student's academic success. The school nurse is a registered nurse who works collaboratively with school administrators, staff, clinic assistants, students and families by providing case management; health assessment, training and education; referrals and other services. For additional information please contact the school nurse providing services at your child's school or by calling Chesterfield County Public Schools, Student Health Services at (804) 639-8900, ext. 1311.



## Should I keep my child home or send him or her to school?

Keeping your child home is advised if he or she is having illness symptoms that would prevent him or her from participating in school.

### Fever

Children should not be in school if they have a temperature of 100°F or greater. Please keep your child home until fever is gone for 24 hours without medication. During influenza season, children with a fever and other flu-like symptoms may be asked to stay home longer. Fever may be a sign of a more serious problem. Seek medical advice for fever lasting longer than 3 days.



### Vomiting and Diarrhea

Children should not attend school if they have vomiting and/or diarrhea. Please keep your child home until 24 hours after the last time they vomited and/or had diarrhea. If vomiting and/or diarrhea continues and your child is unable to keep liquids down, you should seek medical advice.

### Skin Rash

Skin rashes or irritation develop for many different reasons. Some are highly contagious and can cause serious problems. It is important to seek medical advice to determine the cause. In some cases, children may need to stay at home until the rash is gone. You may be required to bring in a doctor's note before returning to school.

### Cough-Cold-Sore Throat

Children with productive coughing, sneezing, headaches, body aches, earache and/or sore throat may not be well enough to participate in school. Seek medical advice immediately if your child experiences difficulty breathing, wheezing or sudden high fever, chills and body aches.

### Eye Irritation

Eye drainage, crusting, pain or redness may be a sign of infection and should be evaluated. If your child is diagnosed with an infection requiring treatment, he or she should stay home for 24 hours after treatment begins.

### How can I help my child to feel better?

While at home, encourage plenty of rest and limit TV watching. Encourage your child to increase fluids like water, soup, juice and ice. Returning to school too soon may delay recovery from illness and may potentially expose others. Please consult with the public health nurse or your child's health care provider for more information on how to help your child.

