

Tips for Parents from the School Health Office:

Dear Parents/Guardians:

Greetings from the office of the School Nurse! As we look forward to a change of weather, we may see illnesses within our children. Many parents may ask: “When is my child sick enough to stay home from school? “This is not always an easy question to answer. I hope that these tips can help. Remember, a child who is sick will not be able to perform well enough to remain in school for a 6 ½ hour school day. Therefore, the goal of the sick child guidelines is to assist the parent/guardian with the decision to keep their child home from school due to illness or infection.

When Your Child Should Stay Home:

Our goal is for students to attend classes every day. However, there are times when students need to stay home for their own health and/or the health and safety of others. Below are guidelines to help families decide when to keep a child home.

- **The student has a temperature over 100 degrees F. The child may return to school after having a normal temperature for *at least 24 hours* while not taking any fever reducing medications (ex. Tylenol or Motrin)**
- **Antibiotics are prescribed.** The student may return to school after taking the antibiotics for a minimum of 24 hours and without a temperature over 100 degrees F for at least 24 hours without taking any fever reducing medications.
- **They seem tired/lethargic, pale, with little appetite and generally not him/herself.**
- **The student is vomiting.** The student may return to school approximately 24 hours after symptoms are resolved, and is able to tolerate a normal diet.
- **The student has an undiagnosed rash.** A rash may be indicative of many things, frequently of illnesses that are contagious.

- A student should see a physician to be evaluated and determine the nature of the rash. A note from the physician should be provided upon return to school.
- **The student has severe cold symptoms, upper respiratory infection, a persistent cough, a runny nose that they cannot manage by themselves and/or contain with tissues, or other symptoms that would interfere with effective school participation.**
- The student is diagnosed with a communicable disease or illness. (ex: Influenza, Covid, Pneumonia, Strep Throat, Pertussis, Chicken Pox (Varicella) Impetigo, or Scabies). Please contact the school nurse before sending your child back to school. Medical clearance from the pediatrician is recommended.
- Strep Throat (child must have been taking an antibiotic for at least 24 hours before returning to school).

Your child's physician can help you determine if your child is able to return to school. It is important to make sure they are truly feeling better and able to make it through a school day. Please send a medical note after 3 days of absence. All medical notes could be sent to GALFARO@MONTCLAIR.K12.NJ.US. Lastly and a gentle reminder, **please call 973-509-4166 to report that your child will be absent due to illness or other health -related matter.** Do not hesitate to call or email me with any concerns or questions.

Sincerely,

Grace Alfaro, RN, CSN
973-509-4281
Ext.: 13751 Office
973-509-2214 Fax