

# Fabius Pompey Central School

## WHEN TO KEEP A CHILD HOME WITH ILLNESS

It can be tough to know when to send children to school if they tell you that they don't feel well. Usually, the best place for them is in school, but there are some times when keeping them home, to rest or calling for an appointment with your health care provider, is recommended.

Please keep your child home and/or contact your child's doctor for:

- Fever 100°F and greater.
- Vomiting and/or diarrhea within the last 24 hours.
- Severe sore throat along with fever and feeling ill.
- Honey-crusted sores around their nose/mouth or rash on other body parts.
- Large amounts of mucous (liquid) from their nose, with face pain or headache.
- Severe ear pain or fluid coming from their ear.
- Severe headache, especially with fever.

If your child has a fever, it is not a good idea to give them medicine, like Tylenol or Ibuprofen, and then send them to school because they may be contagious and when their fever returns, you will be called to pick up your child.

Please keep children home for at least 24 hours after the fever ends or starting an antibiotic.

If you find your child is frequently asking to stay home from school, if they are falling behind or appear anxious about school, or if there does not appear to be any physical symptoms, contact your health care provider to discuss your concerns.

Remind children how to help keep everyone healthier:

- throw away used tissues.
- cover their mouths when they cough or sneeze.
- keep their hands away from their face.
- wipe down and clean surfaces: chromebook, phone, etc.
- wash hands often with soap and warm water.

Lastly, a written excuse is required when your child is absent for any reason.

For sickness absences more than 3 days, a doctor's note may be requested.

Please email the Health Office:

- Elementary attendance: [ESattendance@fabiuspompey.org](mailto:ESattendance@fabiuspompey.org)
- Middle School/High School attendance: [MSHSattendance@fabiuspompey.org](mailto:MSHSattendance@fabiuspompey.org)