

When should my child stay home due to sickness?

As we enter the cold and flu season, we must all work together to ensure the wellness of our children and students at STRIDE. These guidelines are here to help you make the decision whether or not to send your child to school. This is not a complete list, and if you ever have any questions, you can contact your Primary Health Provider or Health Services at 320-253-5340 ext 6945.

- ★ **Vomiting and Diarrhea** - must be free for 24 hours of illness related to return.
- ★ **Fever of 100 or Above** - must be fever free for 24 hours without the help of fever reducing medications (Tylenol, Advil) to return.
- ★ **Unexplained Rash/Blisters** - that have not been evaluated by a Primary Health Provider
- ★ **Chicken Pox**- must be dried and scabbed (6-10 days).
- ★ **Strep Throat**- can return 12 hours after 1st dose of antibiotics.
- ★ **Persistent Cough** - that is interfering with your child's ability to learn.
- ★ 24 hours on antibiotics for most other contagious diseases unless directed by your Doctor.

Consider having your child evaluated if these symptoms are noted:

- ★ Thick colored drainage from nose
- ★ Eyes that appear red, watery, crusty and/or have drainage

Please talk to your child about proper sneezing and coughing, and the importance of hand washing. Teachers and staff are working hard to remind students. Please practice with children at home, too.

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