



## **Illness Guidelines**

- Keep the school office updated with current phone numbers and contact information.
- Please notify the attendance office daily when your child is absent.
- When your child is out of school because of health- related reasons, they should bring in a health care provider's note to excuse their absence.

### When to Keep Your Child Home From School

- Do not send a child to school with a temperature over **100 degrees F**. A child with a temperature needs to stay home for at least 24 hours after the fever is gone. Remember, if you reduce your child's fever with medication like Tylenol, your child is still ill. Please do not medicate your student for a fever and send them to school.
- Do not send a child to school that has been vomiting or has had diarrhea within the last 24 hours.
- If your child is ill in the morning, please do not bring them in later in the day. They need to be symptom- free for 24 hours.
- Do not bring your ill student into the health office in the morning to have an excused absence.

Do not send your child back to school until they have had NO symptoms for at least 24 hours

### Keeping your Student Healthy

- Wash hands before eating, after using the restroom, and after using a tissue.
- Cover, cough, and sneeze into your elbow. If a tissue is used, throw the tissue and wash hands immediately.
- Sleep at least 8 hours every night.
- Maintain healthy eating habits and exercise on a regular basis.

For more information see, "How sick is too sick?" from Children's Hospital Colorado.  
[https://www.colorado.gov/pacific/sites/default/files/DEHS\\_ChildCare\\_HowSickistooSick\\_IllnessPolicy\\_English.pdf](https://www.colorado.gov/pacific/sites/default/files/DEHS_ChildCare_HowSickistooSick_IllnessPolicy_English.pdf)

**Thank you for helping minimize illness in our school!**