



## GUIDELINES ON WHEN CHILDREN ARE "TOO ILL" FOR SCHOOL BUCKEYE UNION SCHOOL DISTRICT (BUSD)

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These guidelines are provided to our staff, students and their families in the event of students suffering illness in schools in order to reduce lost school days and prevent the spread of communicable disease.

When in doubt, contact your pediatrician\* or advice nurse for advice, particularly if your child claims to be sick during school hours, but not at night or over the weekend. The following guidelines for specific symptoms follow:

**Fever:** Fever is a common symptom of viral infections, like influenza. If your child's temperature is over 100, keep them at home. Encourage fluids to prevent dehydration and contact your pediatrician for additional recommendations, tests or other treatments. Then your child should be fever-free for 24 hours (without medicine) before returning.

**Diarrhea or Vomiting:** Keep at home until illness appears to be over (24 hours after last episode without medicine). Though diarrhea and vomiting are not always associated with flu, they may occur with H1N1 and gastroenteritis.

**Mild Cough, Runny Nose or Congestion:** If there's no fever and the child feels fairly good, school is fine.

**Bad Cough and Severe Cold Symptoms:** Children with bad coughs need to stay home and possibly see a doctor. It could be a severe cold or possibly bronchitis, flu, or pneumonia. But when the cough improves and the child is feeling better, then it's back to school. Don't wait for the cough to disappear entirely -- that could take a week or longer!

**Sore Throat:** A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache, stomach pain and patches at the back of the throat. If these are present, keep your child home from school and contact a doctor. Your child needs a special test to determine if it is strep throat. He or she can return to school 24 hours after antibiotic treatment begins.

**Earache:** The recommendation is to consult or visit the pediatrician or other health provider to rule out infection.

**Pink Eye (Conjunctivitis):** Keep the child home until a doctor has given the OK to return to school. There are three kinds. Typically, pink eye is highly contagious and most cases are caused by a virus, which will not respond to an antibiotic. Bacterial conjunctivitis will require an antibiotic; your doctor will be able to determine if this is the case.

**Rash:** Children with a skin rash should see a doctor, as this could be one of several infectious diseases. One possibility is impetigo, a bacterial skin infection that is very contagious and requires antibiotic treatment. Another condition common to this area include poison oak. Your doctor may recommend a topical treatment or have other concerns.

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**Children Sick at School:** When considering when to send a child home, we utilize the guidelines published by the Student Attendance Review Board (SARB) of El Dorado County. Our staff follows the "Four B's":

- Burning (fever over 100 degrees)
- Barfing (can be vomiting or diarrhea)
- Broken (severe injury where a significant sprain, strain or possible fracture could be possible)
- Bleeding (that cannot be easily addressed with first aid, may require suture or uncontrolled bleeding of any type)

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**\*MEDICATIONS:** A visit to the pediatrician may result in a prescription or recommendation for Over-The-Counter (OTC) medication. **ALL medications, prescription or OTC, require a medication permission form at school (including inhalers, cough drops, anything with an "active ingredient").** This form can be obtained at our district webpage or at the school.

***We thank you for your understanding and helping us keep our school and community healthy and safe!***  
In general - your child should have a normal day of activity 24 hours (without medicine) before returning.

Best regards from your Buckeye Union School District Nurses,  
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Additional resources: <http://www.cdc.gov/flu/school/index.htm> and <http://www.nationwidechildrens.org/school-and-illness-should-your-child-stay-home>