

School City of Hammond
Health Services
41 Williams Street
Hammond, IN 46320

Guidelines for Keeping Ill Children Home from School

In order to reduce the spread of germs which cause flu, colds, etc. in the classroom as well as in the building, please use the following as a guideline:

1. If your child **has a fever of 100 F or greater, they should remain at home and not return to school until** they have been **without a fever for 24 hours/** (one day) **without the use** of any medications such as Tylenol, Advil or Ibuprofen.
2. If your child appears sleepy and without energy because they are not feeling well – please keep your child home.
3. If your child vomits/throws up two or more times in the past 24 hours, they should stay home until they are not throwing up for 24 hours.
4. If your child has had 3 or more watery bowel movements/stools in the past 24 hours, they should stay home until no watery stools for 24 hours in a row.
5. If your child has a rash all over their body, they should stay home until the rash is gone or a Doctor/Nurse Practitioner says they are ok to return to school. They should give you a note to bring to school.
6. If your child has a bad sore throat with fever or swollen glands, they should be seen by a doctor and should get a doctor's note before returning to school.
7. If your child has green or yellow mucus in the corners of their eyes, especially first thing in the morning, they should be seen by a doctor.
8. If your child has a cold with a really bad runny nose or has trouble breathing through their nose, keep them home for the day.
9. If your child has a bad cough and is coughing up yellowish mucus, they should be seen by a doctor.

If your child is really sick, it will be hard for them to learn if they are in school and may spread the illness to other children. We need to work together to have children be healthy and able to learn.