

# HALFWAY R-III SCHOOL DISTRICT

## Sick Day Guidelines

### **Making the right call when your child is sick.**

Halfway R-III collaborates with the Polk County Health Center, other local public health, and pediatric / family care providers to provide guidelines, which define when a student is well enough to attend school. Always consult your health care provider to provide guidance regarding your child's specific health.

Plan ahead each year to arrange how your child will be cared for if they stay home from school due to illness. Always notify the school office immediately if your child's emergency contact information changes.

### ***Should I keep my child home or send him or her to school?***

Students with the following symptoms should remain home or may be sent home from school due to illness.

School policy requires a child to **stay home** if he or she:

- Has a fever of 100 degrees or higher.
- Has been vomiting or has diarrhea.
- Communicable illness which poses a risk to disease transmission to others
- Has symptoms that keep your child from participating in school, such as:
  - Headache, body aches, or earache.
  - Severe or persistent cough that he or she cannot control.
  - Sore throat - a little sore throat is ok for school, but a bad sore throat could be strep throat, even if there is no fever. Other symptoms of strep throat in children may include headache, stomachache, or rash. Testing done by a healthcare provider is needed to diagnose strep throat. Please see the 24-hour rule below regarding antibiotics.
  - Reddened or eyes that are draining. Please see the 24-hour rule below regarding antibiotics. This is applicable to prescription eye drops for eye drainage or infection.
  - Very tired or poor appetite.
  - Unexplained or undiagnosed rash.

### **24-Hour Rule:**

- **Fever:** Keep your child home until he or she is fever free without fever reducing medicine for 24 hours. By returning to school too soon, your child may still be contagious and may slow his or her recovery.
- **Vomiting or Diarrhea:** Keep your child home for 24 hours after the last time he or she vomited or had diarrhea.
- **Antibiotics:** Keep your child home at least 24 hours after the first dose of antibiotic. If your provider's recommendations are different, ask them to write a note for the school.

Exclusion days related to fever or other illness symptoms may be changed as recommended by the Polk County Health Center, in accordance with the CDC, due to ever changing COVID-19 or other pandemic recommendations.

Please consult your doctor promptly if there is any doubt about the condition of your child. Follow the directions from your child's physician or school nurse before sending your child back to school following illness or communicable disease. The nurse may ask for a note from your child's health care provider prior to or upon returning to school.

Please help keep others from becoming sick by keeping your child home when they are sick.

For more information, or if you have questions, please contact the School Nurse:  
Molly Kennedy - 417.445.3535 or [mkennedy@halfwayschools.org](mailto:mkennedy@halfwayschools.org)