Dear Parents,

As part of the plan to keep students and staff healthy, the following guidelines have been developed to help parents know when to keep their children home from school. Please contact the school if you have any

any questions. Mintie White (831)728-6321.

**FEVER:** If the student has a fever greater than 100, they must wait for 24 hours after the temperature is normal before sending the child back to school. This means that if your child is sent home from school with a fever, they cannot come back to school for two days.

**DIAHRREA:** Diarrhea is liquid, smelly poop. Your child cannot come to school until they have had no diarrhea for 24 hours. So, if they have diarrhea the night before school, please keep them home the next day.

**VOMITING:** If your child vomits, please keep them home for 24 hours after the last throw-up time.

**COUGHS:** If your child is starting to have a cough, please keep them home. Colds often start with a cough and this is when your child is most contagious. IF your child has been sick, they may come back to school if they are only coughing once an hour.

**PINK EYE:** Students may return to school after they have used the medication from

the physician for 24 hours. You need to bring a note from the doctor that says your child can come back to school.

**RUNNY NOSE:** If student has **clear mucus**, please do not send them to school.

Clear mucus happens at the beginning of the cold and this is when the child is the most contagious! The child may return to school if they have green mucus only twice in the morning. The child is not contagious if they only have green mucus in the morning, two times, when they wake up. If the mucus is all day, or several times an hour, please keep them home.

**ALLERGIES:** If your child has allergies, and this is causing clear mucus, please can you tell the school that your child has allergies? You only need to bring one note per year.

**RINGWORM:** Ringworm rashes must be covered at all times. You can buy medication at the store for this rash and it takes a long time to go away.

**SCABIES:** You must bring a note from the doctor that says your child can return to school.

**LICE:** Your child can come back to school if there are no live lice on their head.

It is great if you can ask your child to not share hairbrushes and hats. Also, be careful having any prolonged time with other children, like sleepovers.