

## When to keep your child home:

Lynden School District coordinates with the local health district in protecting your children from communicable diseases. Please remember to keep your child home from school if your child has any of the below symptoms OR if your child appears unable to work effectively in school due to stomachache, headache, persistent cough, earache, thick yellow/green nose discharge, fatigue, loss of energy or decrease in activity.

Symptom or Illness	When to stay home	Ready to come back to school
Fever	Temperature of 100.4 or higher orally (by mouth)	24 hours after fever resolved AND no fever reducing medication (Tylenol, Ibuprofen, etc.).
Vomiting	Child feels nauseous or has vomited in past 24 hours	24 hours after vomiting has stopped And feeling better.
Diarrhea	3 or more watery loose stools in a 24-hour period, especially if the child acts or looks ill.	When stools are normal for at least 24 hours And feeling better.
Rash	Undiagnosed or confirmed contagious rash, especially with fever	24 hours after fever resolved and feeling better. Rashes should be evaluated by a health care provider. Diaper rashes, heat rashes and allergic reactions are not contagious and student may be at school.
Coughing/sore throat/strep throat	Achy throat, swollen glands, headache, stomachache	When symptoms improve. If on antibiotics, then 24 hours after antibiotics have been started and feeling better.
Conjunctivitis (pink eye) – viral or bacterial	If eye is stuck shut, oozing white, yellow or green discharge, redness/swelling to skin around eye/eyelid, pain or sensitivity to light	Bacterial – return 24 hours after starting antibiotic drops per health care provider. Minimal redness of the white of eye with no discharge.

If your child is not feeling well at school or does not look well, we will contact you to come pick up your child promptly. Always keep contact numbers up-to-date.