



Dr. Dawn Green  
SUPERINTENDENT

Dear Parent/Guardian:

In order to provide as healthy a school environment as possible for all students and staff, the following guidelines have been prepared to assist you with decisions relating to your child's health and school attendance.

If your child is not feeling well and you are uncertain about sending him/her on any given school day, it is best to keep your child home and observe him/her for further symptoms.

Student should remain at home if he/she: 1) has an excessive cough 2) has an excessive runny nose or green nasal discharge 3) has an elevated temperature of 100 degrees or more 4) is too uncomfortable to function in school.

Upon making the decision to keep your child home, please notify the school that the student will be absent and state the nature of the illness.

Students **must be fever free for 24 hours, without** fever reducing medication, before returning to school.

Your cooperation is greatly appreciated during this cold and flu season.

Sincerely,

Mary Beierle RN

Mary Beierle BSN, RN, IL-CSN  
District Nurse

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# When—and *When Not*—to Send Your Child to School\*

## How do you decide?

Use this **checklist** to determine if your child should stay home from school or not:



### Send me to school if...

- I have a runny nose or just a little cough, but no other symptoms.
- I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever in that time.
- I haven't thrown up or had any diarrhea for 24 hours.



### Keep me at home if...

- I have a fever higher than 99.6 *degrees* F.
- I'm throwing up or have diarrhea.
- My eyes are pink and crusty.
- I have a cough that keeps me awake.
- I have a sore throat.



### Call the doctor if...

- I have a fever higher than 100 F longer than 2 days.
- I've been throwing up or have diarrhea longer than 2 days.
- I've had the sniffles for more than a week, and they aren't getting better.
- I still have asthma symptoms after using my regular asthma medication (call 911 if I'm having trouble breathing after using an inhaler).

**Don't forget to send in a note when your child returns to school explaining the absence!**

\*Adapted from Baltimore City Public Schools

PALOS HEIGHTS SCHOOL DISTRICT 128  
SCHOOL HEALTH GUIDELINES

In order to provide as healthy a school environment as possible for all students and staff, the following guidelines have been prepared to assist you with decisions relating to your child's health and school attendance.

If your child is not feeling well and you are uncertain about sending him/her on any given school day, it is best to keep your child home and observe him/her for further symptoms.

Upon making the decision to keep your child home, please notify the school that the student will be absent and state the nature of the illness.

Gym excuses: Parents can write a note excusing their child from physical education for 1 day. If your child requires additional days, a note from a medical doctor is required.

<b>COLDS</b>	Student should remain at home if he/she: 1) has an excessive cough 2) has an excessive runny nose or green nasal discharge 3) has an elevated temperature 4) is too uncomfortable to function in school.
<b>CHICKEN POX</b>	Inform the school nurse. The student must be excluded from school for 5-7 days until all vesicles are dried and crusted over.
<b>COXSACKIE VIRUS</b>	Also known as Hand, Foot, and Mouth disease. Student can attend school unless fever or weeping lesions are present, or child is unable to participate in school activities.
<b>DIARRHEA</b>	Student should remain at home if diarrhea occurs 2 times in a day, or if accompanied by other symptoms such as: fever, vomiting, fatigue.
<b>EAR INFECTION</b>	Student should be evaluated by M.D. if he/she complains of ear pain. Early treatment can prevent possible hearing complications.
<b>EYE INFECTION</b>	Conjunctivitis (Pink Eye) needs to be determined and treated by a medical doctor. Student may return after 24 hours if symptom free and has a doctor's note.
<b>FEVER</b>	Students must remain home if temperature is 100 degrees or above, and may return after being fever free for 24 hours.

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<b>FIFTH DISEASE</b>	The student is no longer contagious once the rash (slapped cheek) appears. Notify the nurse, and anyone who might be pregnant who came in contact with the student before the rash appeared.
<b>FRACTURES AND SURGERIES</b>	Parents need to contact the Principal and the Nurse to determine modifications of physical activity and mode of travel throughout the building. Written information from M.D. is essential, including clearance to return to physical education.
<b>HEAD LICE</b>	Notify the Nurse if you find lice in your child's hair. If found at school, the parent will be notified should treat immediately. Information will be given and a letter will be sent home to students in class. Student must provide proof of treatment such as a receipt or empty shampoo box before returning to school and checked by the Nurse before returning to class.
<b>IMPETIGO</b>	This is a contagious skin infection characterized by sores covered with a brownish/yellowish crust. The student must remain home and may return 24 hours after treatment with a note from his/her MD.
<b>NOSEBLEED</b>	Parents will be called to pick up their child if the nosebleed lasts for more than 10 minutes.
<b>SCHOOL INJURIES</b>	The Nurse will assess the injury and administer first aid. No notification is necessary for students with minor injuries and no symptoms. Other injuries will be treated and, depending on the nature and status, the parents will be notified by a note or phone call.
<b>RASHES</b>	Student is to remain at home with any undiagnosed skin rash unless a doctor's note stating the rash is not contagious is presented.
<b>STREP THROAT</b>	Student may return 24 hours after antibiotics started if able to participate in class and is fever free.
<b>VOMITING</b>	Student should remain at home if he/she vomited within the past 24 hours until resolved, and it is determined the vomiting is not due to another illness such as the flu or strep throat.