



## San Antonio Independent School District

### Student Health Services

### **Sick Day Guidelines**

Our goal is to give you these guidelines to reduce the spread of communicable diseases at school and provide a safe and healthy environment for all students. The following guidelines will help you decide whether you should send your child to school or to keep your child at home. As always, the utilization of proper hand washing, and cough etiquette will help reduce the spread of disease.

The following information does not take the place of consulting a medical provider. If your child is ill, you may need to discuss symptoms with your child's physician to determine if an office visit is warranted. Parents may be required to provide a doctor's note stating the child is able to return to school for certain conditions.

**Fever** If your child has a temperature of 100.0 F or higher with no fever-reducing medications given, they should remain at home. We strongly recommend you not give your child fever-reducing medication and then send them to school. The fever will probably return during the school day.

**Vomiting and/or Diarrhea** A child with three or more episodes of loose, runny stools in a 24-hour period should remain at home. If vomiting and/or diarrhea are accompanied with a fever, keep the child at home and consult a physician.

**Runny Nose & Coughing** Allergy symptoms such as stuffy nose with clear drainage, sneezing and mild cough should be addressed with a school nurse and require documentation from a physician stating such allergy symptoms which may be normal for your child. However, if the cough is persistent or productive and/or accompanied with thick or constant nasal drainage, the child should be kept at home.

**Sore Throat** Sudden onset of a significant sore throat pain when swallowing accompanied with fever may indicate a doctor's visit.

*Again, these guidelines are designed to assist you in the decision-making process as to whether to send your child to school. Your child's physician office will assist you to determine if your child needs to be seen by a medical provider.*

Contact your school nurse with any questions.

Information gathered from:

Texas Department of State Health and Services Communicable Disease Chart for Schools and Child-Care Centers

<https://www.txsno.org>