



Too Sick for School?

When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Children and adolescents will get sick at times and may need to stay at home, but it's important to minimize the number of days your student misses school. The following guidelines are for students ages 5 to 18. If you are unsure, please meet with your student's physician. (Guidance updated August, 2022 to align with the [Communicable Disease Guidance for Schools](#)).

| Send your student to school: | Keep your student at home: |
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| <p>Family member is Sick, Stressed, or Hospitalized If you are sick, your student still needs to attend school. Please plan ahead for these days. A back-up plan may be asking a neighbor, relative or spouse to take your student to school and pick them up.</p> <p>Chronic Disease or Illness Speak with your school about your student's condition and develop a plan that is based on your student's condition. School personnel are trained to assist your student with their chronic disease and associated needs.</p> <p>Student Doesn't Want to go to School Frequent crying, fear, anger, not wanting to socialize, behavior change, stomachache, and nausea are signs that something is wrong. Keep your student in school but try to determine what is causing the changes. Talk to your school and consult a healthcare provider. Your student may be experiencing bullying or trauma, may be behind in their schoolwork, or not getting along with others.</p> <p>Cold Symptoms Stuffy nose/runny nose, sneezing, and/or a mild cough, but no fever. If your student is able to participate in school activities, send them to school.</p> | <p>Fever Fever usually means illness, especially if your student has a fever of 100.4 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting. Stay at home for a fever of 100.4 or higher. Return to school when the fever is below 99 for 24 hours without the use of fever reducing medication.</p> <p>Diarrhea Frequent, loose or watery stool may mean illness but can also be caused by food and medication. Keep your student home if they have had three or more watery or loose stools in 24 hours OR sudden onset of loose stools OR student is unable to control bowel function when previously able. Students MAY RETURN AFTER 48 hours after diarrhea resolves OR after seen and cleared by a licensed healthcare provider or LPHA for specific diarrheal diagnoses.</p> <p>Vomiting If your student has had at least 1 episode that is unexplained. student MAY RETURN AFTER 48 hours after the last episode of vomiting OR after seen and cleared by a licensed healthcare provider.</p> <p>Coughing If your student has persistent cough that is not yet diagnosed and cleared by a licensed healthcare provider OR any acute (non-chronic) cough illness that is frequent or severe enough to interfere with participation in usual school activities. • MAY RETURN AFTER symptoms improving for 24 hours (no cough or cough well-controlled.)</p> |

Reach out to your school with questions or ODE.EI1@ode.oregon.gov

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| <p>Head Lice If your student has lice (intense itching), they can return to school after an initial treatment. (Most schools provide free lice kits upon request.)</p> <p>Strains, Sprains and Pains If your student is able to function (walk, talk, and eat) they should be in school. If pain is severe or ongoing, consult a healthcare provider.</p> <p>Menstruation Menstrual issues are not considered to be an illness. If they are severe and interfering with your student’s attendance, consult a healthcare provider. Menstrual hygiene products are available at school.</p> | <p>Head Lice Intense itching of the head; may feel like something is moving. Your student can be in school if they have had an initial lice treatment.</p> <p>Conjunctivitis (Pink Eye) Keep your student home for unexplained redness of one or both eyes AND colored drainage from the eyes OR eye irritation accompanied by vision changes OR symptoms such as eye irritation, pain, redness, swelling or excessive tear production that prevent active participation in usual school activities. Students MAY RETURN AFTER symptoms resolve OR after seen and cleared by a licensed healthcare provider. • Eye redness alone, without colored drainage, may be considered for attendance per CDC guidelines and school nurse assessment.</p> <p>Rash With Fever Keep your student home with a new rash not previously diagnosed by a health care provider OR rash increasing in size OR new unexplained sores or wounds OR draining rash, sores, or wounds which cannot be completely covered with a bandage and clothing. Students MAY RETURN AFTER rash is resolved OR when draining rash, sores or wounds are dry or can be completely covered OR after student is seen and cleared by a licensed healthcare provider.</p> <p>Sore Throat Sore throat, fever, stomachache, and red, swollen tonsils can be strep. If so, keep your student at home for the first 24 hours after an antibiotic is begun.</p> <p>Vaccine Preventable Diseases Keep your student at home until a health care provider has determined that your student is not contagious. Some examples of these are:</p> <ul style="list-style-type: none"> ● Chicken Pox ● Measles & Rubella (German Measles) ● Mumps ● Pertussis (Whooping Cough) |