



Everman ISD Student Health Services

When to keep your child at home...

We feel attendance is extremely important to your child's success at school. There are also important health reasons for keeping your child home from school. These helpful guidelines should be used to determine when your child should stay home from school due to illness:

- Fever of 100 degrees or higher in the past 24 hours
 - Your child needs to be free of fever for a full 24 hours without the help of fever reducing medications (such as Tylenol, Motrin, or Fever-All) before sending them back to school.
- Vomiting and/or diarrhea in the past 24 hours.
- We ask for your help in encouraging your child to wash their hands often (before he/she eats, after using the restroom, after touching animals, and after covering a cough or sneeze), use hand sanitizer, and cover their noses and mouths with their elbow when they cough or sneeze. It is also helpful for your child to get plenty of sleep and to eat healthy foods – especially breakfast.

If you have any questions concerning illness or communicability of disease, the school nurse would be happy to assist you. We share a common goal-the health, safety, and educational success of your child!

Your child _____ will NOT be able to return until the earliest date of: _____ as long as there are none of the above symptoms present within 24 hours of returning to school.

Parent Signature

Time

Date