



Health Office Guidelines: When to Keep Your Child Home from School

At Hillel Community Day School, we are committed to creating a safe and healthy environment for all our students. By following these guidelines, we can work together to prevent the spread of illnesses and ensure that our children are healthy and ready to learn. If you have any questions or need further clarification, please do not hesitate to contact the school nurse. Your cooperation is greatly appreciated.

Children should be kept home if they exhibit any of the following symptoms:

- **Fever:** A temperature of 100.4°F (38°C) or higher. Children should be fever-free for at least 24 hours without the use of fever-reducing medications before returning to school.
- **Vomiting or Diarrhea:** If your child has vomited or had diarrhea in the past 24 hours, they should stay home. They may return to school 24 hours after their last episode of vomiting or diarrhea.
- **Severe Coughing or Difficulty Breathing:** Persistent coughing or breathing issues require medical evaluation.
- **Severe Sore Throat:** Especially if accompanied by fever or swollen glands. Students should stay home if they have a severe sore throat that persists for more than 48 hours or after exposure to a confirmed case of strep throat. If diagnosed with strep throat, a student may return to school after at least 12 hours of taking antibiotics and being fever-free for 24 hours without the use of fever-reducing medications.
- **Viral Respiratory Illnesses (COVID-19, flu, RSV):** students should stay home and away from others until at least 24 hours after their symptoms are improving overall and they are fever-free (without the use of fever-reducing medication) during this period.
- **Eye Infections:** Red, inflamed, or discharging eyes may indicate conjunctivitis (pink eye).
- **Rash:** Any unexplained rash, especially if accompanied by fever.
- **Severe Pain:** Persistent pain, such as a stomachache or headache, that does not subside.
- **Sleepiness:** A child should stay home if they are too sleepy or ill from any illness that prevents them from fully participating in class.