



Eastlake Middle School
California Distinguished School
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School Health Guidelines

The purpose of these guidelines is to help you determine when your child should attend school or be kept home. Children should not go to school when they are contagious to others. Illnesses are spread easily when children are in close contact in the school setting. Here are some general guidelines to help you make that decision.

If the student has the following symptoms you should **not** send your child to school:

1. Fever 99.8 or higher
2. Nausea, vomiting or diarrhea
3. **Severe** headache or migraine (i.e., resulting in vomiting or impaired vision).
4. Runny nose, coughing, congestion, sore throat or earache
5. Rash on face or body
6. Bacterial infections such as conjunctivitis “pink eye” or strep throat

A student is allowed to **return** to school following the above illnesses/conditions if:

1. The student is fever free for 24 hours without fever reducing medication.
2. The student has had treatment for live head lice.
3. The student has had 24 hours of antibiotic treatment for diagnosis of bacterial infections.
4. The student has not had vomiting or diarrhea for 24 hours and is able to eat all meals.

Here are a few things parents can do to help avoid the spread illness:

1. Encourage your child to wash their hands often with soap and water for at least 20 seconds.
2. Encourage your child not to share their personal items like drinks, food, or unwashed utensils.
3. Encourage your child to cover their mouths with tissue after coughing and sneezing. If no tissue is available, then they should cough or sneeze into their upper sleeve instead of their hands.
4. Symptoms of the flu include fever (99.8 degrees Fahrenheit or greater), cough, sore throat, runny nose, body aches, headache, and feeling very tired. Some people may also exhibit vomiting or diarrhea.

Please do not send your child to school if they are sick. Staying home when sick will allow your child to rest and permits you to monitor their health closely. This will also help protect fellow students and school staff.

