

Information from the Epping School District Health Offices

When should I keep my child home from school?

- If your child has a fever of 100 degrees and higher or,
- If your child's skin feels warm/hot, has chills or complains of feeling cold, or has a flushed appearance
- If your child vomits or has diarrhea

Your child needs stay home until at least 24 hours after there are no signs of a fever without the use of fever-reducing medication.

(Note: keeping children with a fever home will reduce the number of people who may get infected. This will keep everyone healthier and schools open.)

What should I say when I call the school to report my child's absence?

It is very important to call the school offices to report absences. If your child has a fever, cough, sore throat, or more than one of these symptoms, please provide that information. We would appreciate knowing any other illnesses or symptoms that you are willing to share. During non-school hours you can leave a message.

When can my child return to school?

- Your child has had no signs of a fever for at least 24 hours (without fever-reducing medication).
- You child has had no incidents of vomiting or diarrhea for at least 24 hours.
- Upon return your child must report immediately to the School Health Office.

Please have a plan for your child to stay out of school when ill. It may be a good time to talk to family and friends about care for your child if he/she becomes ill.

Also, make sure the school has accurate phone numbers to reach you or your designated "emergency person", in case your child becomes injured or ill during school hours.

Thank you