



Wachusett Regional

Wachusett Regional School District Basic Guidelines for When Your Child is Sick

The following are some guidelines for determining whether or not to send your child to school. ***If you answer YES to any of these, you should keep your child home for comfort and close monitoring:***

- Student has a fever 100 degrees F or higher
- Student vomits at home after school, during the night, or in the morning – should be observed for 24 hours at home.
- A diagnosis of strep throat – child needs to remain at home until he/she has been on antibiotics a full 24 hours.
- Student has unusual bowel movements: more frequent, loose, watery than usual or persistent diarrhea during the day or night – should be observed at home for 24 hours.
- Student has frequent cough which is not controlled and chest congestion.
- Nasal drainage with colored mucus, tugging on one or both ears, breathing is difficult due to nasal stuffiness or drainage.
- Student is rubbing at one or both eyes, eye is reddened and draining a thick mucus that sticks to eyelashes and lids
- Student has an unusual rash, that may or may not be itchy

Please contact the nurse if your child has a communicable disease such as: head lice, chicken pox, measles, TB, ringworm, impetigo, strep throat, fifth disease, scabies, etc.

Your child is ready to return to school when:

- Temperature is below 100 degrees F without fever-reducing medications for 24 hours.
- No vomiting for 24 hours and he/she is eating a usual diet for age
- Bowel movements are of usual frequency and appearance and diet is usual for age for 24 hours
- Cough is seldom or not at all
- Nasal drainage is clear, only occasional, and breathing is normal, no longer tugging at ear, slept well.
- No thick eye discharge reappears after proper face washing or you contacted a doctor for evaluation and student is not contagious
- Rash faded away or you contacted a doctor for evaluation and student is not contagious, bleeding has stopped or area may be covered completely

If any of the above symptoms occur during school hours, you may be called to dismiss your child early. ***Please be sure that anyone named on your emergency contact list is readily available and able to pick student up if necessary.***