

Westhill Central School District School Health Services

You don't want your child to miss school, but neither do you want to send a sick child to school and endanger him or her and other children as well. If your child comes to school ill, or becomes ill during the school day, he/she will be sent home. It is important that a parent or guardian can be reached at all times in the event of illness or injury. *Please be sure to keep your emergency information up-to-date.*

When should your child stay home from school?

Please note that the school nurse will request a physician's note as well as a negative COVID-19 test for any symptoms below, as well as other symptoms not listed in order to return to school

Fever

Fever is an important symptom. When it occurs along with a sore throat, nausea, listlessness or a rash, consult your doctor. Please keep your child home during the course of a fever and for an additional 24 hours after the fever has passed **without** the use of medications (Tylenol, Advil, ect). *Your child will be sent home for a temperature of 100 degrees or higher, per Onondaga County Health Department and CDC guidelines.

Vomiting or Diarrhea

A child who has either vomiting or diarrhea should remain at home until 24 hours after the last episode, in order to recuperate, and to prevent transmission of the illness to others. Unless, by Nursing judgement, vomiting is due to anxiety, motion sickness, noxious smells, gagging and or sensory precursors.

Undiagnosed Rash

His/her doctor should see your child, as rashes are often contagious. The school nurse cannot diagnose a rash.

Bad Cough/Worsening Cold Symptoms

These can be a sign of bronchitis, flu, allergies, or pneumonia. When a mild cough lingers or worsens, keep your child home and call the doctor.

Sore Throat

A sore throat, especially if accompanied by a fever, headache, or body aches could be a strep infection. Strep is contagious and requires a throat culture to diagnose and antibiotics to treat. **Your child must be on antibiotics for 24 hours before returning to school**, to ensure they are no longer contagious.

Conjunctivitis or "Pink Eye"

This is highly contagious. If one or both eyes are burning, itching, or producing discharge call your child's doctor for an evaluation. Treatment with prescription eye drops or ointment may be required. **Your child needs to be on the treatment for 24 hours before returning to school.**

Headache

A severe headache, or headache with fever should be evaluated by your child's doctor..

Ear pain

Severe ear pain or fluid coming from the ear should be evaluated by your child's doctor.

Loss of taste or smell

Sudden onset loss of taste or smell should be evaluated by your child's doctor.

Thank you for helping us keep our children and staff healthy!