



Cornerstone Child Wellness Policy

When to Keep Your Sick Child Home.....

One of the problems most often confronting parents of school-age children occurs when a child complains of not feeling well on a school day. The following is not intended as medical advice, but is merely designed as a guideline to be followed until your health care provider can be contacted.

Children should be kept at home if any of the following conditions are present (keep in mind the absence of fever does not always indicate the child is well enough to attend school):

- Fever of 100 degrees, within the past 24 hours
- Vomiting - within the past 48 hours
- Diarrhea - within the past 48 hours
- Undiagnosed skin rashes
- A communicable disease
- Evidence of a live lice infestation
- Persistent sore throat along with a loss of voice, difficulty swallowing, and/or rash
- Severe headache, toothache, or ear pain
- Stiff neck or headache with fever
- Skin infections
- Abdominal pain with low grade fever
- Eyes that are red, painful, and matted

The Flu Vaccine is available NOW!

According to the Centers for Disease Control's Advisory Committee on Immunization practices, The Flu Vaccine is recommended for all school age children. The flu vaccine is recommended to prevent illness, missed school, lost work time for parents, and to decrease risk of grandparents and infants becoming ill.

Getting vaccinated is the single best way for people to protect not only children against flu, but their loved ones as well. In most locations, the flu vaccine is now available in mist-nasal inhalation form (for most healthy people), as well as the traditional "shot" route of administration!

For locations of places that offer flu vaccines, contact your health care provider, local pharmacy, or <http://www.lungusa.org/lung-disease/influenza/flu-vaccine-finder/>

The best way to prevent illnesses are to wash hands frequently, cover coughs and sneezes, avoid touching your face, eyes, nose, mouth, and stay home when sick, as well as get a flu shot!

When children (and adults) are ill, they need to stay home until they are fever free without anti-fever medication (acetaminophen, ibuprofen) for 24 hours.

For more information about influenza and influenza vaccine, visit

<http://www.cdc.gov/flu/takingcare.htm>

http://www.cdc.gov/flu/pdf/freeresources/updated/a_flu_guide_for_parents.pdf