

## Illness Prevention

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Hand washing prevents the spread of disease and illness. Wash hands frequently using soap and water, especially before eating, after using the bathroom and handling pets.

Be sure your child's immunizations are up-to-date and he/she has routine well-child exams. Flu vaccinations are recommended for all children ages 6 months up to 19 years of age.

Teach your child to do the following when ill:

- Cover the nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash.
- Wash hands often with soap and water, especially after coughing or sneezing.
- Avoid touching the eyes, nose and mouth as that can spread germs.
- Stay home until recovered to prevent exposure to others.

### Chesterfield County Health Department School Health Services

9501 Lucy Corr Circle  
P.O. Box 100  
Chesterfield, VA 23832  
804-748-1633

[www.vdh.virginia.gov/LHD/chesterfield](http://www.vdh.virginia.gov/LHD/chesterfield)

Chesterfield County  
Health Department  
School Health Services

## School Attendance: Sick Day Guidelines



# Making the right decision when your child is sick.

Chesterfield County Health Department provides public health nursing services for Chesterfield County Public Schools to protect, preserve and promote optimum health in school communities. Each public health nurse is a registered nurse who works collaboratively with school administrators, staff, clinic assistants, students and families by providing case management; health assessment, training and education; referrals and other services. Please contact the public health nurse providing services to your child's school by calling Chesterfield County Health Department School Health Services at 748-1633.



## Should I keep my child home or send him or her to school?

Keeping your child home is advised if he or she is having illness symptoms that would prevent him or her from participating in school.

### Fever

Children should not be in school if they have a temperature of 100°F or greater. Please keep your child home until fever is gone for 24 hours without medication. During influenza season, children with a fever and other flu-like symptoms may be asked to stay home longer.



Fever may be a sign of a more serious problem. Seek medical advice for fever lasting longer than 3 days.

### Vomiting and Diarrhea

Children should not attend school if they have had vomiting and/or diarrhea in the past 24 hours. Excessive tiredness or lack of appetite may be present with vomiting and diarrhea and are also signs of an ill child. If vomiting and/or diarrhea continues and your child is unable to keep liquids down, you should seek medical advice.

### Skin Rash

Skin rashes or irritation develop for many different reasons. Some are highly contagious and can cause serious problems. It is important to seek medical advice to determine the cause. In some cases, children may need to stay at home until the rash is gone. You may be required to bring in a doctor's note before returning to school.

### Cough-Cold-Sore Throat

Children with productive coughing, sneezing, headaches, body aches, earache and/or sore throat may not be well enough to participate in school. Seek medical advice immediately if your child experiences difficulty breathing, wheezing or sudden high fever, chills and body aches.

### Eye Irritation

Eye drainage, crusting, pain or redness may be a sign of infection and should be evaluated. If your child is diagnosed with an infection requiring treatment, he or she should stay home for 24 hours after treatment begins.

### How can I help my child to feel better?

While at home, encourage plenty of rest and limit TV watching. Encourage your child to increase fluids like water, soup, juice and ice. Returning to school too soon may delay recovery from illness and may potentially expose others. Please consult with the public health nurse or your health care provider for more information on how to help your child.

