



Health & Safety: General Illness Guidelines

We strive to create a healthy learning environment for our students, and therefore, it is important not to send your child to school if they are sick. If your child is experiencing a cold, congestion, upset stomach, temperature, or just not feeling well (even if they are not running a fever), please keep them at home.

Your child may be excluded from school per California Education Code section §48210-48214 and section §49451. "Whenever there is a reason to believe that the child is suffering a recognized contagious or infectious disease, they shall be sent home and not be permitted to return until the school authorities are satisfied that any contagious disease does not exist.

About Fevers and other Symptoms

A low-grade fever (with or without a complaint of sore throat or cough) may be viral but can still be contagious. The CDC considers a person to have a fever when they have a measured temperature of 100.4° F (38° C) or greater, feel warm to the touch, or have a history of feeling feverish. *A child with a temperature above 100.4 orally will be sent home from school.* If your child has been out ill with a fever or other symptoms, please adhere to the following guidelines when deciding if your child is well enough to return to school.

- In most mild illnesses (2-5 days duration), the fever is lowest in the morning hours, begins to increase in the afternoon, and is highest in the evening. When the child starts to recover, the temperature could be normal in the morning, but the fever may be present in the afternoon.
- In alliance with the Centers for Disease Control (CDC), if your child has had a fever, please keep your child home for at least 24 hours after the fever has gone. The fever should be gone without the use of fever-reducing medicine (i.e., Advil, Ibuprofen, Tylenol).

The presence of other symptoms, may warrant keeping your child home.

- Eyes that are red, swollen, crusting, and/or draining
- Diarrhea
- Nausea/Vomiting – If your child has vomited the night before or in the morning, do not send your student to school. Your student should remain home for at least 24 hours after the last episode of vomiting. *A student who vomits at school will be required to go home.*
- Skin rashes of unknown origin or a contagious rash. To return to school, you may need to provide a written school clearance note from a health care provider.

For Covid-19 Guidelines, please refer to the [Covid-19 Health & Safety Information](#) on the district website.