



## Sparta Area District School

Health Services  
Lisa Molland, Director of Pupil Services  
Angela Frost RN, District Nurse

Dear Parent(s)/Guardian(s),

The purpose of this letter is to provide information about when to keep your child home from school. Although it may seem obvious, children should not go to school when they're contagious to others, when they have a fever, or when they're too sick to learn. Childhood illnesses are spread easily when children are in close contact in the school setting. How do you know if your child is contagious?

As a general rule, exclude your child from school if:

- The child does not feel well enough to participate comfortably in activities (extreme tiredness, irritability, persistent crying or coughing).
- The child requires more care than staff can provide without affecting the learning process or the health and safety of the other children.

### **Illness guidelines:** (not all inclusive)

| <b>Symptoms</b>                                       | <b>May return to school when</b>                                      |
|---|---|
| Fever equal to or greater than 100 degrees            | Fever free for 24 hours without the use of fever reducing medications |
| Vomiting  | Symptom free for 24 hours   |
| Diarrhea  | Symptom free for 24 hours   |
| Persistent cough along with fever or loss of appetite | Symptom free or has MD note stating not contagious                    |
| Rash that is spreading and/or potentially contagious  | Treatment has started   |
| Pink eye, strep throat, and impetigo                  | May return 24 hours after the start of treatment                      |

To help with your child's attendance and to avoid truancy issues, please ask for a "doctor excuse from school" when taking your child to a doctor.

If you have any questions or concerns, please contact the District Nurse at (608)633-3687 or [afrost@spartan.org](mailto:afrost@spartan.org)