



---

## **Student Health Services**

**1130 Fifth Avenue, Chula Vista CA 91911  
(619) 585-6020 • (619) 407-4982 FAX**

---

### **Health Office Guidelines for Parents**

If your child has been absent for an illness, please allow at least a full 24 hours of “feeling well” before sending back to school. Children must be **fever-free** for 24 hours prior to returning to school.

#### SHOULD YOU SEND YOUR CHILD TO SCHOOL?

It is often difficult for parents to know whether their children are too sick to attend school. Here are some general guidelines:

#### YOU SHOULD NOT SEND YOUR CHILD TO SCHOOL IF:

1. Temperature over 100°F
2. Vomited more than once, vomited the evening/night before
3. Had frequent diarrhea the day before
4. Had a sleepless night/emotional upset
5. Complains of headache, earache, stomach discomfort

If your child has complained of a non-specific illness, such as minor cold or stomach discomfort, and you have determined he/she is okay for school, please encourage your child to stay at school the entire day. However, if your child begins to feel worse at school, he/she may visit the health office for evaluation. If our assessment indicates illness/inability to stay in school, we will contact you.

#### WHEN A CHILD COMES TO THE HEALTH OFFICE:

Students who are seen in the health office are evaluated based upon many factors including, but not limited to, the child’s temperature, behavior of the child while in the Health Office, child’s complaint of symptoms, history of similar illness at home or school. A licensed, credentialed school nurse evaluates all students and makes the final decision regarding whether or not the child can stay in school. If it is determined the child is unable to stay at school, we will contact you. For children who are able to stay in school, we will provide at least 15-20 minutes of rest time in the Health Office before returning them to class. If you would like to be notified each time your child visits the health office, please contact the school nurse directly.

If you have any questions regarding these guidelines, please contact your school nurse directly.