



Keep Me Home If...

APPEARANCE, BEHAVIOR – unusually tired, pale, lack of appetite, Difficult to wake, confused or irritable.

EYES – thick mucus or pus draining from the eye or pink eye (conjunctivitis)

FEVER – temperature of 100 degrees Fahrenheit or higher. Children need To be fever-free, without fever reducing medication (i.e. Tylenol, Advil, Motrin) for 24 hours before returning to school

GREENISH NOSE DISCHARGE, AND/OR CHRONIC COUGH – should be seen by a health care provider. These conditions may be contagious and require treatment.



SORE THROAT – especially with fever or swollen glands in the neck.

VOMITING – vomiting 2 or more times within the past 24 hours.

DIARRHEA – 3 or more watery stools in a 24 hour period, especially if the child acts or looks ill.

RASH – body rash with fever. Heat rashes and allergic reactions are not contagious.

LICE/NITS – children should not return to school until lice treatment has been completed and the child is nit free. Student will need to be screened by the Health Aide prior to returning to class.



Medications at School



*For the safety of all children, please do not send your student to school with medication.

*All medication needs to be in it's original packaging.

*In order for a student to be administered medication, and/or to administer medication themselves, we will need written permission from both the student's physician and the parent/guardian. This includes Over-The-Counter Medication.

*You can print out the forms necessary for the doctor's completion from our District's website at www.rocklinusd.org/Departments/Health-Services/index and/or pick up a copy from the Health Office.