



Arlington Community Schools General Child Health Guidelines

If a child presents with any of the following issues below, then the parent(s)/guardian(s) will be notified, and the child must be picked up by parent(s)/guardian(s). Each school should develop a practice for meeting the student's needs based on disposition prior to pick-up.

- **Appearance/Behavior** – lethargy (usually tired, pale, and difficult to wake), confused or irritable. These symptoms can be sufficient reason to stay home, if severe or unusual.
- **Fever** – Temperature of 100.0 or higher, then child must go home and be fever free without medication for 24 hours before returning to school. While at home, caregivers are encouraged to ensure that the child receives adequate fluids.
- **Diarrhea** – Three (3) or more watery stools in a 24-hour period, especially if the child acts or looks sick. Exception for students who wear undergarments (if stool cannot be contained then notify parent/guardian and also consult school nurse, if unsure).
- **Vomiting** – Two (2) or more times within the past 24 hours, child should be kept home. If vomiting occurs at school, child must be sent home and free of vomiting episodes for at least 24 hours.
- **Rash** – Children with a skin rash should see a doctor, as this could be one of several infectious diseases. Children should be excluded for generalized body rash, especially with fever. Heat rash and allergic reactions (such as poison ivy) are not contagious and may come to school if symptoms are tolerable.
- **Sore Throat** – A minor sore throat is usually not a problem, but a severe sore throat could be more serious, even if no fever exists. Special tests are needed to diagnosis strep throat. Other symptoms that may accompany a sore throat could be headache and upset stomach. If these are part of the complaint, it is advised that the child's parent pick them up because they may be contagious.
- **Eyes** – Thick mucus or pus draining from the eye. With pink eye (conjunctivitis) you may see a white/yellow discharge; matted eyelids after sleep, or eye pain and redness. Child should go home if suspected pink eye and treatment has not begun. Child may return to school after 24-hour treatment of an antibiotic eye medication.
- **Communicable Disease** – Refer to Board Policy #6406 and Memphis-Shelby County Health Department guidance.

Allowing students to be in school with any of the above symptoms puts other children and staff at risk. The intent of these guidelines is in the best interest of all and can translate into fewer missed days due to illness. We will be proactive in maintaining a healthy environment in our schools for all of our community.