



*As a general rule of thumb,*  
if your child does not feel well and will not be able to participate in ALL school activities (including PE & outdoor recess), then they should stay at home!

Here are some guidelines that we follow here at ISL –  
Please DO NOT send your child to school if they have the following:

- low-grade fever (body temperature  $>37.5^{\circ}\text{C}$  or  $>99.6^{\circ}\text{F}$ );
- deep, hacking and/or persistent cough;
- thick, yellow-green runny nose;
- sore throat;
- fatigue or irritability;
- persistent stomach pain;
- vomiting;
- diarrhea;
- earache;
- persistent headache;
- pink eye (conjunctivitis);
- rashes of unknown origin.

As always, when in doubt, consult with your own family doctor.  
Children may return to school only once they are fever and symptom-free for 24 hours (without the aid of medications).



*From the School Nurse*