

Health & Safety: General Illness Guidelines

2025-26






To ensure a safe and healthy learning environment for all students, please keep your child at home if they exhibit symptoms such as congestion, cough, upset stomach, fever, or generally feel unwell. If your child becomes ill during the school day, we may need to send them home. Our guidelines align with the recommendations outlined in the [CDPH's Considerations for Ill Children in Child Care or Schools](#). They are intended to support decision-making when an individual child has symptoms of illness in the school setting.

Your child must meet the following criteria to be at school. Otherwise, your child should stay home (or go home):

- The child can participate meaningfully in school activities, AND
- The staff can provide appropriate care without compromising the health and safety of other children, AND
- Meet the return-to-school guidelines outlined below.

Under California law, a child may be required to stay home (or go home) from school in specified circumstances where an apparent illness presents a significant risk to other children or school personnel. (Education Code § 49213; Education Code § 49451.)




HOW SICK IS TOO SICK FOR SCHOOL? This guidance provides considerations when a child has symptoms of illness. For students with a specific diagnosis, follow the guidance of your child's healthcare provider, local health department, or the California Department of Public Health (CDPH).

Cough & Cold Sore Throat 	<p>To reduce the spread of infection from, but not limited to, COVID-19, influenza, RSV, and norovirus:</p> <p>Student should remain home when:</p> <ul style="list-style-type: none">➤ A cough is frequent, uncontrollable, worsens with physical activity, or a student cannot cover their mouth when coughing.➤ Nasal congestion is bothersome and will limit students' ability to engage in academic work.➤ Inability to swallow or breathing difficulties.➤ Fever is present. <p>Strep throat: Students should receive antibiotics for at least 12 hours and be fever-free before returning.</p> <p>Hand-Foot-Mouth: Students should stay home from school until they are fever-free, their sores are healing, and they feel well enough to participate in regular activities.</p> <p>COVID-19: Students and staff should stay home for 24 hours until fever has resolved (without use of medication) and symptoms are improving and manageable. A negative test is NOT required to return. Contra Costa Recommendations for COVID-19.</p> <p>Norovirus: Students should stay home during illness and for at least 2 days (48 hours) after their symptoms have resolved. Contra Costa Health Recommendations for Norovirus.</p>
Fever 	<p>Definition: An oral (under the tongue), temporal (forehead), or rectal temperature above 100.4°F (38°C).</p> <p>Return when:</p> <ul style="list-style-type: none">➤ Fever went away in the night – without using fever reducing medications, e.g., Tylenol®, Advil®, Motrin® (acetaminophen or ibuprofen) - and is still gone in the morning; AND➤ Other symptoms are improving; AND➤ The child can participate comfortably in routine school activities.➤ Note: If your child has a diagnosed illness with a fever, please follow the advice of your medical provider.
Eye Irritation & Pink Eye 	<p>Definition: Red or pink appearance to the white part of the eyeball. Child's eye may also be itchy, have crusted or matted eyelashes, more watering than normal, or yellow/white drainage.</p> <p>Students should remain home when:</p> <ul style="list-style-type: none">• Pink or red conjunctiva (whites of eyes) with purulent discharge (white or yellow mucus) and diagnosed with bacterial conjunctivitis until treated.• Problems seeing (vision changes).• An injury to the eye involving forceful impact to or penetration of the eye.• Pain or discomfort the child cannot tolerate. <p>Note: Depending on the specifics, it might not be necessary for a child to stay home from school. Frequent hand washing should be encouraged. Eye irritation can also result from allergies or chemical exposures (e.g., air pollution, smoke, or swimming in chlorinated pool water). Consult your medical provider for guidance and medication if indicated.</p>

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<p>Rash or Itching</p> 	<p>Student should remain home when:</p> <ul style="list-style-type: none"> ➤ Oozing, open wound or infection that <i>cannot be covered</i> and is in an area that might come in contact with others. ➤ Skin that looks bruised without a known injury or in an unusual location. ➤ Rapidly spreading dark red or purple rash. ➤ Tender, red area of skin, rapidly increasing in size or tenderness. ➤ Associated symptoms of a serious allergic reaction (rash with throat closing, abdominal pain, vomiting, or wheezing). ➤ Fever (see Fever for return guidance) <p>Note: For diagnosed conditions, follow the advice of your healthcare provider. In general, for conditions such as lice, impetigo, ringworm, scabies, and pinworms, no waiting period is typically necessary after starting treatment and the child may return after the appropriate treatment is started. Depending on your diagnosis, you may need a written clearance from a healthcare provider to return to school.</p>
<p>Vomiting</p> 	<p>Definition: Forceful expelling of stomach contents out of the mouth 2 times or more in 24 hours.</p> <p>Student should remain home when:</p> <ul style="list-style-type: none"> ➤ Vomiting has occurred 2 or more times in 24 hours. ➤ Fever (see "Fever" for return guidance). ➤ Concern for a serious allergic reaction, such as hives appearing with vomiting. ➤ Vomit appears green or bloody. ➤ Recent head injury. ➤ Looks or acts very ill. <p><i>A student who vomits at school due to illness is required to go home.</i></p> <p>Return when:</p> <ul style="list-style-type: none"> ➤ Vomiting ends during the night and the child is able to hold down food or liquids in the morning.
<p>Diarrhea</p> 	<p>Definition: Stools that are more frequent (typically two more than normal) or loose and less formed than usual <i>for that child</i> AND not associated with a change in diet or new medication administration.</p> <p>Student should remain home when:</p> <ul style="list-style-type: none"> ➤ Stool not contained in the diaper or toilet (when toilet-trained). ➤ Yellow skin/eyes (jaundice). ➤ Diarrhea that occurs during an outbreak, and exclusion is recommended by the local health department.
<p>Lice</p>	<p>After completing the first treatment for lice, your child can return to school. Please check in with the front office at your school site when returning your student to school. They will confirm treatment was completed.</p> <p>CDPH: Got Lice? Here's What You Need to Know About Head Lice</p> <p>CDPH: A How-To Guide for Nit Combing</p>
<p>Medication at School</p>	<p>If your child needs to take any medication for an illness while at school, please submit a Medication at School form. This form is mandatory for both prescription and over-the-counter medication. You can access the form on the SRVUSD website under the "Students and Families" section in the Health Services section or click this link to go directly to the form.</p>
<p>Questions?</p>	<p>Please contact your school nurse for assistance.</p>

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