



ZANE TRACE LOCAL SCHOOL DISTRICT

946 State Route 180 • Chillicothe, Ohio 45601 • 740-775-1355

Each day many parents are faced with a decision: should they keep their sick child at home or send them off to school? Often the way a child looks and acts can make the decision an obvious one.

Colds: Please keep your child at home if he/she has a fever of 100 degrees or higher or experiencing discomfort that would interfere with his/her ability to perform in school. (i.e. uncontrollable coughing, overwhelming lack of energy). If your child experiences green nasal discharge that continues throughout the day, or a cough lasting longer than ten days, or is accompanied by fever or chills and is productive of discolored sputum, consult with your physician.

Diarrhea/Vomiting: A child with diarrhea and /or vomiting should stay at home and return to school only after being symptom-free for 24 hours.

Fever: The child should remain at home with a fever of 100 degrees or greater. The child can return to school after he/she has been fever free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin).

At this time of year, it is especially important to stress frequent hand washing, a good healthy diet and adequate rest for a successful and productive school year.