

Fever and Exclusion Guidelines Boone County Schools

Fever is a physiological response to inflammation or infection, illness or injury, or the result of heat exposure. While not always cause for alarm, it is sometimes the sign of a serious problem. Left untreated, fever could be uncomfortable, cause dehydration and stress the cardio-vascular system.

**An oral temperature* of over 100.4 degrees Fahrenheit is
considered a fever.**

- * If the child's temperature is measured axillary (under the arm), the temperature would be one degree **lower** than an oral temp (over 99.4 degrees = fever).
- * If the child's temperature is measured rectally (**not done at school**), the temperature would be one degree **higher** than an oral temp (over 101.4 degrees = fever).

Initial management of fever while at school:

- Observe for any appearance of symptoms of disease process and use social distancing from others.
- Ensure accurate temperature reading; re-check temperature if student has just eaten/drunk or been exposed to extreme heat/cold temperatures.
- Note any recent medication or illnesses in student's family.
- During a chill, cover and protect from drafts; chilling raises body temperature.
- If no chill present, remove heavy outer clothing as reasonable (jackets, sweatshirts, etc.).
- Apply cold compresses to the forehead.
- If fever climbs and parent/guardian has not arrived to pick student up, sponge with tepid water, only uncovering small areas (neck, arms, lower legs).
- If possible, give clear fluids by mouth.

**Exclusion Guidelines: Students should be fever-free for 24 hours
before returning to school.**

Manual of School Health; 2nd edition, Authors Keeta DeStefano Lewis and Bonnie J. Bear, published 1987; pgs. 114-115.

Clinical Guidelines for School Nurses; 2013 Ed., Authored by School Health Alert, published in 2013; pgs. 145-146.