

Attendance at School: Should I Keep My Child Home With This Illness?

Fever

Fevers are generally a sign of **illness/infection**. Your child should stay home if his/her **TEMPERATURE is 100 F or above**. He/she should not return to school until their **temperature has been normal (97 - 99 F) for at least 24 hours without taking fever-reducing medication**.

Cold, Cough, Sore Throat

Most children can attend school with cold symptoms as long as they do not have a fever. If your child has a **cold with a fever** over 100 F, he/she should be kept at home and your healthcare provider should be consulted. Your child should also stay home if they **have greenish nasal discharge or cough production**. **A sore throat with a fever, swollen glands, headache, stomachache, or rash may indicate strep**. You should consult your child's doctor for evaluation. If strep is confirmed, your child may return to school after 24 hours of antibiotics, if they feel better.

Stomachache, Vomiting, Diarrhea

A child with **vomiting and/or diarrhea should be kept at home until symptoms have resolved for at least 12 hours**. Your child also needs to be able to eat and drink normally before returning. Consult your doctor if you suspect dehydration.

Red Eyes

Your child should stay home if he/she **has red eyes that itch and/or have a crusty discharge**. Consult your doctor for evaluation of possible conjunctivitis. Your child may return to school after 24 hours of antibiotic treatment.

Pain

Earache--Consult your doctor if your child complains of ear pain.

Toothache--Consult your dentist.

Headache--If headaches are frequent you should consult your doctor. Dehydration, stress, and fatigue can cause a headache.

Rash

A **rash** is usually a sign of a viral illness. It also may be a reaction to medication, plants, or chemicals such as soaps or detergents. If your child has an **unusual rash** or it is associated with a fever, contact your doctor.

- * **The best way to prevent the spread of infection is good hand washing.**
- * **Give your child a separate towel and washcloth.**
- * **Change your child's toothbrush after an illness and every 3 months.**
- * **Have your child examined annually by her/his health care provider.**
- * **School age children require at least 8-10 hours of sleep each night.**
- * **A healthy diet is important in creating a healthy student.**
- * **Please call your school nurse if you have any questions or concerns.**

Please remember a sick child belongs at home...