



## **Is My Child Too Ill For School?**

If your child becomes ill it is often appropriate to keep them home from school. A child who is sick will not be able to perform well in school and is likely to spread the illness to other students and staff. Early in the morning is often a difficult time to make that decision. Below are some guidelines to help you decide if you child should stay home from school

- **Fever 100.4 or higher.**  
Your child must be free of fever for 24 hours (without the use of Tylenol or Advil) to Return to school
  - **Diarrhea and Vomiting**  
If diarrhea and /or vomiting is persistent or accompanied by fever, rash or general Weakness, consult your MD
  - **Sore Throat**  
A severe sore throat could be a sign of strep. Your MD needs to do a step test to determine if your child's sore throat is strep or just a virus. If strep throat is diagnosed, you child needs to stay home until they are on antibiotics for 24 hours
  - **Severe Cough**  
A severe cough can be a symptom of bronchitis, flu or pneumonia. Your child should be checked by their health care provider to rule out these illnesses.
  - **Flu**  
The flu is a contagious virus that usually occurs in the winter months. Symptoms include body aches, high fever, chills, congestion and sore throat. The student should stay home until symptoms subside, usually 5-7 days. Please talk to your MD at the beginning of the season regarding the flu shot.
  - **Ear Infections**  
The student should remain out of school until they are pain and fever free
  - **Pink Eye**  
Can be caused by a virus, bacteria, or allergy. Viral and bacterial pink eye is contagious. The eye will be reddened and have a yellowish discharge. Consult your MD. If antibiotics are needed the student will need to stay home for 24 hours after the start
  - **Headaches and stomachaches**  
These are often gray areas. Please make sure your child is getting enough sleep, is not skipping meals and drinking plenty of fluids throughout the day
- Keep in mind that handwashing is the single most important thing we can all do to prevent the spread of germs. If you have any questions or concerns I can be reached 446-5960 ext 1234**

