

SICK DAY OR SCHOOL DAY?

Symptom Guide for Parents

The following information is a guideline to help parents determine if a child should stay home if they are not feeling well. It is not intended to take the place of your physician's advice, and if you have any questions, please contact your health care provider.



Stomache, Vomitting, Diarrhea

Students should stay home if they have diarrhea or vomitting and should remain home until symptoms have subsided for 24 hours. If a child is sent home from school because of vomitting or diarrhea, they should remain home the next day. Consult your doctor if your child has a stomache that is persistent or severe enough to limit his/her activity.



Cold, Sore Throat, Cough

The common cold presents the most frequent problem. A child with a "heavy" cold and a hacking cough belongs at home in bed, even though there may be no fever present. If your child complains of a mild sore throat with no other symptoms, they may go to school. If white spots can be seen in the back of the throat OR a fever presents, keep them home and call your doctor.



Rash

A rash may be the first sign of one of many childhood illnesses, such as chicken pox. A rash or spots may cover the entire body or may appear in only one area. Do not send a child to school with a rash until a doctor says it is safe to do so.



Fever

A fever is a warning sign of an illness or infection. A child with a fever of 100 or over should not be sent to school. While fever reducing medications can reduce the fever, it does not mean the child is not still ill. The child should remain home until they are fever free **WITHOUT** the use of fever reducing medications, for 24 hours. If a child presents in the health room with a fever of 100 or higher, parents will be called to pick the student and they should remain home until they are fever free without medication for 24 hours.



Pain

A toothache requires a call to the dentist. For earaches, consult your doctor without delay. A child whose only complaint is a mild headache usually does not need to be kept home from school.

Remember: Sick children belong at home and well children belong at school. Please use the above guidelines and common sense when deciding if your child is to sick for school.

Thank you for helping us keep our schools healthy!