

Too Sick for School?

Some hints to decide when to keep your child home from school



WHEN TO STAY HOME	SYMPTOMS	GOOD TO GO
If your child has a fever of 100 degrees F or higher (<i>this usually indicates a contagious infection</i>).	FEVER	Below 100 degrees F and no other symptoms.
If the cough is persistent, severe, brings up mucus, or is accompanied by a fever or other symptoms.	COUGH	OK if cough is mild and does not interfere with child's ability to participate.
If there are other cold or flu symptoms. Such as fever or severe cough	RUNNY NOSE	A runny nose with no other symptoms
If the pain seems moderate to severe and isn't relieved by drinking water.	SORE THROAT	OK to come to school if fever free.
If the pain seems sharp or concentrated in a specific area, or is accompanied by fever, vomiting or diarrhea.	STOMACH-ACHE	OK if fever free and child's appetite is not affected
If your child has had Diarrhea in the past 24 hours and/or fever, loss of appetite.	DIARRHEA	Slightly loose stools with no other symptoms and no change in appetite
If your child has thrown up several times within the past 24 hours, has a fever and no appetite, abdominal pain.	VOMITING	If child has only thrown up once in the past 24 hours and has no other symptoms.
If your child also has a fever (<i>this usually means an ear infection</i>)	EARACHE	If there are no other symptoms.
If the rash is oozing, blistering, or uncomfortable, or if there are other symptoms such as fever, sore throat, flu symptoms or overall ill appearance.	RASH	Rash should be covered if possible. If seen by physician, Please provide note stating rash is not contagious.

*When to call the doctor: Many of these illnesses have symptoms that can be treated with home remedies, over-the-counter children's medicines and most importantly rest. However there are some cases when you should call your child's doctor for advice or an office visit.

If your child is unable to fully participate in the program (including outdoor play) due to symptoms of an illness it is recommended that you keep your child home.