

HOW SICK IS TOO SICK FOR SCHOOL?



KEEP ME HOME

- FEVER OVER 100°F - MAY RETURN ONCE FEVER-FREE FOR 24 HOURS WITHOUT THE USE OF FEVER-REDUCING MEDICATIONS
- FREQUENT DIARRHEA OR VOMITING MORE THAN ONCE IN A 24 HOUR PERIOD - MAY RETURN ONCE NO DIARRHEA/VOMITING FOR 24 HOURS
- SEVERE COUGHING, WHEEZING, SHORTNESS OF BREATH - FOLLOW UP WITH HEALTHCARE PROVIDER
- STREP THROAT - MAY RETURN 24 HOURS AFTER ANTIBIOTICS HAVE BEEN STARTED
- RASH - MAY RETURN AFTER CLEARED BY HEALTHCARE PROVIDER
- POSITIVE COVID TEST (5 DAYS STRONGLY SUGGESTED)
- CONTAGIOUS ILLNESS SUCH AS CHICKEN POX, MEASLES, RUBELLA, MUMPS, PERTUSSIS (WHOOPIING COUGH) - MAY RETURN AFTER CLEARED BY HEALTHCARE PROVIDER

SEND ME TO SCHOOL

- RUNNY NOSE, SNEEZING, MILD COUGH
- STRAINS, SPRAINS, PAINS
- MENSTRUAL ISSUES
- HEAD LICE FOLLOWING INITIAL TREATMENT
- CONJUNCTIVITIS (PINK EYE) FOLLOWING MD EVALUATION AND TREATMENT

WHEN SHOULD I SEND MY CHILD TO SCHOOL?

The suggestions below are for children 5 to 18 years of age. Recommendations may be different for infants and younger children.

Symptoms and Illnesses	Should My Child Go To School?
Parent is Sick, Stressed, Hospitalized	YES - If you are sick, your child still needs to attend school. Plan for these days. Designate someone to take your child to school and pick them up.
Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy etc.) - This is a long-lasting condition that can be controlled but not cured.	YES – School personnel are trained to assist.
Child Doesn't Want to go to School - Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea (possible signs of depression, anxiety, post-traumatic stress, or fear).	YES – But try to determine what is causing the changes. Talk to school personnel and a health care provider. Your child may be experiencing bullying or trauma, may be behind in school work, or not getting along with others. These issues may require school personnel's attention.
Cold Symptoms - Stuffy nose/runny nose, sneezing, mild cough	YES - If your child is able to participate in school activities, send to school.
Conjunctivitis (Pink Eye) - The white of the eye is pink and there is a thick yellow/green discharge.	YES – But call a health care provider for medication/treatment.
Head Lice - Intense head itching; may feel like something is moving.	YES – Your child can be in school after initial treatment of lice product.
Strains, Sprains, and Pains	YES – If no known injury and child can function (walk, talk, eat) they should be in school. If pain is severe or doesn't stop, see a health care provider.
Menstrual Issues	YES – Most of the time, menstrual issues should not be a problem. If they are severe and interfering with school, consult with a health care provider.
Fever - Usually means illness, especially with a fever of 100 or higher and other symptoms like behavior change, rash, sore throat, vomiting.	NO – If child has 100+ fever, keep them home until below 100 for 24 hours without using fever-reducing medication. Consult health care provider if fever doesn't go away after 2-3 days or is 102.0 or higher.
Diarrhea - Frequent, loose, or watery stool may mean illness but can also be caused by food and medication.	NO – If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep them home. If stool is bloody, if the child has abdominal pain, fever or vomiting, consult a health care provider.
Vomiting - Child has vomited two or more times in a 24-hour period.	NO – Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a health care provider.
Coughing - Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing.	NO – Keep home and contact a health care provider. If symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan, and when symptoms are controlled, send to school.
Rash	NO – If a rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and see a healthcare provider.
Strep Throat - Sore throat, fever, stomachache, red/swollen tonsils.	NO – Keep at home for the first 24 hours after an antibiotic is begun.
Vaccine Preventable Diseases Chicken Pox - fever, headache, stomach ache or sore throat, then a red itchy skin rash develops on the stomach first and then limbs and face. Measles & Rubella (German Measles) – swollen glands, rash that starts behind ears then the face and the rest of the body, sore joints, mild fever and cough, red eyes Mumps – fever, headache, muscle aches, loss of appetite, swollen tender salivary glands Pertussis (Whooping Cough) – many rapid coughs followed by a high-pitched "whoop", vomiting, very tired.	NO – Keep your child at home until a health care provider has determined child is not contagious.