

## 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.*



**Stomachache, Vomiting, Diarrhea** – Students should stay home if they have diarrhea or vomiting and should remain home until symptoms have subsided for 24 hours. If a child is sent home from the school because of vomiting or diarrhea, they should remain home the next day. Consult your doctor if your child has a stomachache 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 they 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 up 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 above guidelines and common sense when deciding if your child is too sick for school.

**EMERGENCY CONTACT INFORMATION IS EXTREMELY IMPORTANT FOR YOUR CHILD! IF THERE IS AN EMERGENCY, WE NEED TO BE ABLE TO REACH A PARENT/GUARDIAN. BE SURE TO REPORT CHANGES IN YOUR PHONE NUMBERS TO THE SCHOOL WHENEVER THEY MAY OCCUR.**

THANK YOU FOR HELPING TO KEEP OUR SCHOOLS HEALTHY!