

# MEDICAL GUIDELINES FOR SCHOOL ATTENDANCE



## Should I keep my child home or send him or her to school?

Keeping your child home is advised if he or she is having illness symptoms that would prevent him or her from participating in school. Children learn better when they feel as well as they can.

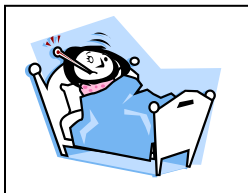
### Fever

Children should not be in school if they have a temperature of 100 degrees Fahrenheit or greater. Please keep your child home until fever is gone for 24 hours without medication. During influenza season, children with a fever and other flu-like symptoms may be asked to stay home longer. Fever may be a sign of a more serious problem.

*Seek medical advice for fever lasting longer than 3 days.*

### Vomiting and Diarrhea

Children should not attend school if they have vomiting and/or diarrhea. Please keep your child home until 24 hours after the last time they vomited and/or had diarrhea. *If vomiting and/or diarrhea continue and your child is unable to keep liquids down, you should seek medical advice.*



## Skin Rash and Open Sores

Skin rashes, open sores and/or skin irritations develop for many different reasons. Some are highly contagious and can cause serious problems. It is important to seek medical advice to determine the cause. In some cases, children may need to stay at home until the skin rash or open sore is gone. Open sores and rashes should be covered unless otherwise advised by a medical provider.

## Cough-Cold-Sore Throat

Children with productive coughing, sneezing, runny nose, headaches, body aches, earache and/or sore throat may not be well enough to participate in school. Seek medical advice immediately if your child experiences difficulty breathing, wheezing or sudden high fever, chills and body aches.

## Eye Irritation

Eye drainage, crusting, pain and/or redness may be a sign of infection and should be evaluated. If your child is diagnosed with an infection requiring treatment, he or she should stay home for 24 hours after treatment begins or until symptoms have resolved.

## How can I help my child to feel better?

While at home, encourage plenty of rest. Encourage your child to increase fluids like water, soup and juice. Returning to school too soon may delay recovery from illness and may potentially expose others. Please consult with your child's health care provider or school nurse for more information on how to help your child.

## Illness Prevention

Hand washing prevents the spread of disease and illness. Wash hands frequently using soap and water, especially before eating, after using the bathroom and handling pets.

Be sure your child's immunizations are up-to date and he or she has routine well-child exams. Flu vaccinations are recommended for everyone from children ages 6 months through adulthood.

**Please report any significant illness to your child's school and contact the school nurse if you have any questions.**