



Is My Child Too Sick To Go To School? A Guide for Parents

Regular attendance is an important part of student success, but keeping sick students at home can help prevent the spread of illness. Students who attend school are expected to participate in all parts of the school day, including recess and PE. If your health care provider has restricted activity for your student, please send a physician's note to school indicating both the duration and the type of restriction.

Please check the following symptoms to determine if your student should stay home for the day.

APPEARANCE/ BEHAVIOR- Unusually tired, no appetite, hard to wake, or confused. Keep your student home and call your health care provider if the condition is concerning.

COLD AND/OR COUGH- Students need to be able to cover their cough to be at school. If a cough or cold persists for more than two weeks, the student may need to be seen by your health care provider.

DIARRHEA- Two or more watery stools in 24 hours, especially if the student acts or looks ill. Students should stay home for 24 hours after the last watery stool.

EARACHE- If ear discharge is present or the student has a fever, and/or is unable to participate in school.

EYES- Drainage, vision change, and/or redness of the eyelid, itching, pain, or sensitivity to light. This may be a sign of "pink eye" or Conjunctivitis. The student should be checked by your health care provider.

FEVER- Temperature of 100° F (38° C) or higher. Students need to be fever-free for 24 hours before

returning to school WITHOUT medications to reduce fever.

HEADACHE- A headache in and of itself is not a reason to keep a student home from school. However, if the headache is persistent and the student is not able to participate in classroom activities, the student should stay home.

INJURY/ SURGERY- If students are unable to concentrate due to pain or pain medication, they should stay home. Letting the school nurse know in advance of any planned surgery will be helpful.

RASH- Bothersome body rash, especially with fever or itching. Some rashes may spread to others. Your student should be checked by your health care provider.

SORE THROAT- Difficulty swallowing, eating, sometimes with a fever. Students should stay home, and be checked by your health care provider if it persists three days or more.

VOMITING- Vomiting two or more times in 24 hours. Students should stay home for 24 hours after the last time they vomited.

STILL HAVE QUESTIONS about whether or not your student is healthy enough to come to school? Many insurance companies have a 24-hour nurse available by phone - check the back of your insurance card to see if this is a service your insurance company offers. This resource will help you determine if your child should stay at home, or seek medical attention. You may also contact the school nurse or your child's health care provider.

REMEMBER that frequent hand washing and covering coughs can also help protect everyone.

Thank you for your support to keep students safe and healthy.

Revised Jan 2018 - Reference from OSPI and Infectious Disease Control Guide for School Staff, 2014