



# How Sick Is Too Sick for School?

Handout for Families on Deciding When a Student Should Stay Home

In general, students are too sick to come to school when either:

- They are contagious
- Their symptoms are serious enough to prevent them from focusing on the tasks they need to do in school

Use this checklist to determine whether to keep your student home from school.

	YES	NO
Does your student have a fever of 100 degrees F or higher?		
Has your student vomited one or more times in a 24-hour period		
Does your student have diarrhea?		
Are your student's eyes crusty, bright red, or discharging yellow or green fluid (conjunctivitis/pink eye)?		
If your student complains of a sore throat, is it accompanied by fever, headache, stomachache, or swollen glands?		
If you student complains of a stomach ache, is it accompanied by fever, vomiting, diarrhea, lethargy, sharp pain, or a hard belly?		
Does your student have a persistent, phlegmy cough?		
Does your student have lice (white, translucent eggs the size of a pinpoint on the hair or insects on the scalp)?		

If you answered **yes** to any of these questions, **please keep your child home from school** and consider seeking medical attention. Your child could have a serious or contagious illness. Keep your child home until symptom-free for at least 24 hours or until the doctor indicates that the child can return to school.

- Children who have a cold, headache, or stomach ache that is not accompanied by a fever, vomiting, or diarrhea can probably come to school.
- If you child has a rash, it could be contagious. Please seek medical advice before allowing your child to come to school.
- Earaches are not contagious. Children can come to school if they can concentrate on their work.
- Once your child has been treated for lice, a parent/guardian will need to transport the student to school to be checked by the school nurse before he/she can return to school.

If you have any further questions please contact the school nurse at:

- Northwest High School 817-4881
- Northwest Alternative High School 817-4881
- Northwest Middle School 817-4987
- Northwest Elementary 817-4805
- Northwest Early Elementary 817-4915