

# Health Guidance for Maine School Children

**Attending school each day is critical for children's successful academic and social growth! The guidance below gives you examples of normal health conditions that occur, as well as when to consider staying home or seeking medical attention. Children in Pre-K through high school benefit by attending school regularly to learn, grow and engage with their peers.**

**Avoid keeping children at home unless they are too sick to participate in regular activities. Please see the reverse side of this document for details. If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school (school nurse if available) about developing a plan with you and your child's health-care provider to keep your child healthy and safe while attending school.**

**Some of the normal conditions children may experience, but don't usually require them to stay home from school might include:**

- a mild cold with runny nose or occasional cough
- a mild upset stomach with no other complications
- a mild rash with no other symptoms
- treated head lice
- mild eye irritation or drainage without fever, pain or eyelid redness
- menstrual cramps and/or other symptoms
- mild anxiety or sadness
- fever has gone away and they are not taking fever reducing medicine

**Children may avoid school due to anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache, etc). If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, social worker or other school staff and/or the child's health care provider to discuss the challenge and identify what support or intervention might help your child stay in school.**

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***This document is not meant to take the place of CDC/DOE/School Department guidance about illnesses such as Covid-19 and flu.***

# Symptom Checklist for School Attendance

Symptom	Stay home or seek medical care?	Return to School Guidance
<b>Fever</b>	<p><b>Stay home:</b> fever of 100.4°F or 38°C or higher</p> <p><b>Seek care:</b> fever plus ear pain, sore throat, rash, stomachache, headache or tooth pain</p>	no fever overnight without using fever-reducing medication, and feeling better
<b>Vomiting and/or diarrhea</b>	<p><b>Stay home:</b> vomited more than twice in 24 hours or watery stool/diarrhea</p> <p><b>Seek care:</b> stomach cramps and fever, bloody or black stool, signs of dehydration (sleepy, dry mouth, not urinating normally)</p>	did not vomit overnight, able to drink liquids and eat without throwing up, diarrhea improved
<b>Persistent cough or trouble breathing</b>	<p><b>Stay home:</b> active persistent coughing, excess phlegm</p> <p><b>Seek care:</b> difficulty breathing or catching breath, fever with cough (could be signs of flu or covid-19 and should be evaluated)</p>	<p>feeling better, and if care sought, cleared by health care provider</p> <p>if asthma, make sure to secure permission to use breathing medication at school</p>
<b>Rash</b>	<p><b>Seek care:</b> if rash has blisters that are draining, is painful, looks like bruises and/or fever develops</p>	rash has healed or cleared to return by health care provider
<b>Eye irritation</b>	<p><b>Seek care:</b> if eyes are swollen, have pain, trouble seeing or eye injury is present</p>	once feeling better
<b>Sore throat</b>	<p><b>Seek care:</b> if drooling, have trouble swallowing or a fever and/or rash</p>	once feeling better; if prescribed an antibiotic by health care provider, can return 12 hours after the first dose if no fever and feeling better

\* Note: the recommendation is to stay home with a positive home COVID test result - follow CDC guidance.