

# IS MY CHILD WELL ENOUGH TO BE IN SCHOOL TODAY?

Knowing whether a child is well enough to go to school can be tough for any parent. It often comes down to whether a child can still participate at school. Having a sore throat, cough, or mild congestion doesn't always mean a child can't handle class and other activities.

## Stay Home

- **Fever**  
Keep home until fever is below 100.4 for 24 hours without the use of a fever reducing medication.
- **Severe cough and cold**
- **Diarrhea in the last 24 hours**
- **Red eyes with discharge**
- **Lice**
- **Rash with fever**
- **Vomiting more in the last 24 hours**
- **Not feeling well enough to participate in school activities**

Keep an open line of communication with your school's health office and teachers. Notify the school nurse for any illness or injury requiring a medical visit or medication.

## Keep An Eye On

- **Allergy symptoms, runny nose or nasal congestion**
- **Cough**
- **Not acting like their self**
- **If other family members in the home are ill**
- **Serious ear infections**
- **Cold or mild respiratory symptoms**
- **Notify the school's health office if your child has been to the Doctor, Urgent Care, or Emergency Room.**

Missing school during makes it more difficult for students to learn and keep up academically. Notify the school nurse for any illness or injury requiring a medical visit or medication.

## Have A Great Day At School

- **Feeling well today**
- **Eating and drinking adequately**
- **Has been well for the last 24 hours**
- **Parents be strong with your child and don't let them stay home when it is not necessary. This will help them succeed.**

Just a few missed days a month add up to several school weeks missed in a year – learning time is lost.