

Keep Your Child Healthy and in School!

A regular attendance routine is important for your child's well-being, learning and long-term success. Below are tips to keep your child healthy and avoid unnecessary absences from school.

Nutrition, Sleep and Exercise

- Ensure your child eats a good breakfast every morning or check if your school serves breakfast.
- Maintain a regular bedtime and morning routine.
- Keep screens out of the bedroom and limit use prior to bedtime.
- Encourage your child to stay active for at least 60 minutes a day.



Hygiene

- Stress hand washing, particularly before eating, and after using the restroom.
- Remind your child to brush their teeth twice a day.
- Avoid close contact with individuals who are sick. Don't share cups, utensils, hair brushes or combs.
- Cover coughs and sneezes with a tissue, or cough/sneeze into an elbow.



Safety

- Make sure your child wears a seatbelt and/or appropriate car seats during car rides, and a helmet when using a bike, skateboard or scooter.
- If your child walks to school, help them find a safe route to school and to travel with at least one friend. Have a backup plan in case of bad weather.



When is sick too sick for school?

A regular attendance routine is important for your child's well-being and learning. These tips can help you decide when to keep your child home when they don't feel well.



Send me to school if

- I have a runny nose or just a little cough, but no other symptoms.
- I haven't had a fever overnight and haven't taken fever reducing medicine during that time.
- I have a mild stomach ache.
- I haven't thrown up overnight and can drink liquids without throwing up.
- I have a mild rash and no other symptoms.
- I have eye drainage without fever, eye pain or eyelid redness.



Keep me at home if

- I have a temperature higher than 100.4
- I have thrown up two or more times in the past 24 hours.
- My stool is watery and I may not make it to the bathroom in time.



Seek medical care if

- I have a temperature higher than 100.4 and any of the following: ear pain, sore throat, rash, stomachache, headache or tooth pain.
- I have stomach pain and fever, I have bloody or black stool, or I am dehydrated (tired and sleepy, dry mouth) and/or I have not urinated in the last 8 hours.
- I have a persistent cough or trouble breathing, or have a fever with the cough.
- I have eye swelling, eye pain or an eye injury.
- I have a rash that has blisters, is draining, is painful, looks like bruises, and/or I have a fever with the rash.

If you don't know whether to send your child to school, have specific concerns regarding your child's physical or mental health, or are worried your child will spread illness, contact your child's health care provider, a local urgent care or the school nurse.

Please note: These tips are not meant to take the place of local health department/school district health guidance including about contagious illnesses such as Covid-19 and the flu.

Find tips about how to keep your child healthy and in school on the Attendance Works website:
<https://www.attendanceworks.org/resources/health-handouts-for-families/>