



Wellness Check

Know when to go to school and when to stay home



See You at School! Only Minor Symptoms

- **Mild congestion** - runny nose / little cough
- **Mild headache**
- **Mild sore throat**
- No fever-reducing medicine for 24 hours and no fever
- No diarrhea or vomiting for 24 hours



Best to Stay Home. Any Major Symptoms

- **Fever** - over 100° F (with or without medicine)
- **Cough** - persistent or severe
- **Diarrhea or Vomiting**
- **Eyes** - pink and crusty
- **Sore throat** - difficulty swallowing, white spots in back of throat

Every Day Counts: Regular Attendance Matters

0-9 Absences
100-95% Attendance
On-Track: Best chance of success

10-18 Absences
94-90% Attendance
Worrying: Harder to make progress

Track Your Student's Attendance

Record each date that your student is absent below to monitor their attendance rate.

1 _/_	2 _/_	3 _/_	4 _/_	5 _/_	6 _/_	7 _/_	8 _/_	9 _/_	10 _/_
11 _/_	12 _/_	13 _/_	14 _/_	15 _/_	16 _/_	17 _/_	18 _/_	If your student is absent more days, please reach out for support.	

My Student is Staying Home. What should I do next?

Notify the school by phone or email. If possible, notify them before 9 am, or within 48 hours.

School: _____
Phone: (907) _____ - _____

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