

Wellness Check

Know when to go to school and when to stay home

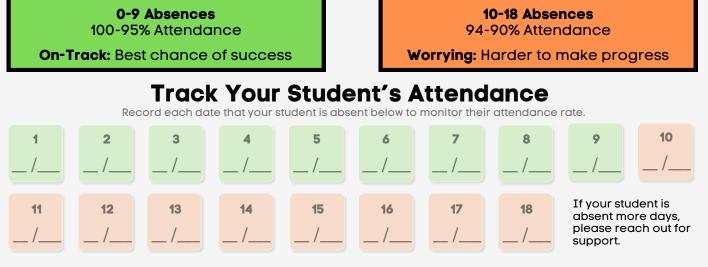


- Mild congestion runny nose / little cough
- Mild headache
- Mild sore throat
- No fever-reducing medicine for 24 hours and no fever
- No diarrhea or vomiting for 24 hours

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



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:	School:	School:
Phone: (907)	Phone: (907)	Phone: (907)

The Fairbanks North Star Borough School District is an equal employment and educational opportunity institution, as well as a tobacco and nicotine-free learning and work environment.