

How Sick is Too Sick?



Students must be fever-free for 24 hours without fever reducing medication before returning to school.

Colds

Any or all of the following:

- Nose runs constantly
- Cough is frequent and wet
- Nausea
- Tired/uncomfortable

Cough

Severe cough, rapid and/or difficulty breathing, wheezing, or the cough is accompanied by a sore throat

Diarrhea

Defined as an unusual amount of very liquid stools compared to the child's normal pattern

Consult a healthcare provider if symptoms remain after 3–4 days.

Fever

Temperature of 100.4° F or greater

Vomiting

Vomited more than 2 times in 24 hours or has a fever

Please complete the appropriate forms found at asdk12.org/Page/7810 if your student requires medication.

When to see your healthcare provider

Ears

Pain, swelling, drainage or difficulty hearing

Untreated ear infections may cause temporary or permanent hearing loss.

Rash

A rash might be the first sign of an illness

Sore Throat

Difficulty swallowing, saliva build-up in mouth, or white spots in the back of the throat

If unsure please call and partner with your school nurse.

Reduced cost clinics

Anchorage Neighborhood Health Center

Phone: 907-743-7200

PM Pediatric Care

Phone: 907-222-5090

Providence Family Medicine Center

Phone: 907-562-9229

Notes

Don't forget to call the attendance line at your school when your child will be absent.



Anchorage School District
Educating All Students for Success in Life

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