

Sick or School Day?

Symptom Guide for Parents

The following information is a guideline to help parents determine if a student should stay home if they are not feeling well. It is not intended to take place of your student's primary care provider's advice.



Stomachache, Vomiting, Diarrhea-

- Students should stay home if they have diarrhea or vomiting and should remain home until symptoms subsided for 24 hours.
- If your student gets sent home from the health room due to vomiting or diarrhea, they must remain home the next school day.



Fever-

- A fever is a warning sign of infection or illness. A student with a fever of 100 or over should not be sent to school. The student should remain home until they are fever free **without** use of fever reducing medication (ibuprofen or acetaminophen) for 24 hours.
- If your student gets sent home from the health room due to a fever, they must remain home the next school day.



Cold and congestion symptoms-

- The common cold and congestion happen to students throughout the year. A child may attend school with a mild cold if they can participate in a full day's activities, however please keep them home if they are unable to.



Sore Throat-

- If your student presents with a mild sore throat with no other symptoms, they may attend school. However, if your child develops a fever and complains of a sore throat, please consult your child's primary care provider right away.



Rash-

- A rash may be the first sign of many childhood illnesses. A rash or spots may cover the entire body or may appear in one area. Please do not send your student to school if a rash presents that is not typical for your student. A medical note stating they are clear to return is needed from a medical provider regarding a new area of concern.



Pain-

- A toothache requires a call to the dentist right away.
- An earache requires a call to your student's primary care provider right away.
- A student's whose only complaint is a mild headache may attend school.



Health Guidance for Going to School

Showing up to school every day is critical for children's well-being, engagement, and learning.

Make sure to send children to school if they are:

- Generally healthy and well.
- Participating in usual day-to-day activities.
- Children can even go to school if they:
 - Have a mild cold, which may include a runny nose and/or cough.
 - Have eye irritation without fever, eye pain, eye watering or eyelid redness.
 - Have a mild stomach ache.
 - Have a mild headache.
 - Haven't had a fever overnight and they have not taken fever-reducing medicine during that time.

Avoid keeping children at home unless they are too sick to participate. Please see the back of this handout for details.

Children may also avoid school due to anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache, etc.) If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, school counselor, or other school staff to discuss the challenge and identify what can help your child stay in school.

If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school nurse (Ms. Luedtke LuedAly@sdmfschools.org for Shady Lane, Valley View & Ben Franklin or Mrs. Madrzak MadrPam@sdmfschools.org for Riverside, North Middle, & MFHS) about developing a plan with you and your child's healthcare provider to keep your child healthy and safe while attending school.

Please note: This document is not meant to take the place of local health department guidance about contagious illnesses.