

# when should I send my child to school?

A parents guide with recommendations

| Symptom and Illnesses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Should my child go to School?                                                                                                                                                                                                                     |
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| <u>Parent is ill, stressed or Hospitalized</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>YES-</b> If you are sick, your child still needs to attend school. Your illness does not excuse your child from school. Have a plan for these days- Ask a neighbor or a relative to help out.                                                  |
| <u>Chronic Diseases</u> ( Asthma, Diabetes, Sickle cell, Epilepsy, etc)<br>Chronic disease is a long- lasting condition that can be controlled but not cured.                                                                                                                                                                                                                                                                                                                                                                               | <b>YES-</b> Your child should attend school. Contact your child's school nurse to develop a plan for care while he/she is at school                                                                                                               |
| <u>Child Doesn't Want to go to school</u><br>Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea                                                                                                                                                                                                                                                                                                                                                                                                  | <b>YES-</b> you should keep your child in school, but try to determine what is causing them to be upset. Talk to your School Counselor or Physician.                                                                                              |
| <u>Cold Symptoms</u><br>Stuffy nose/runny nose, sneezing, mild cough                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>YES-</b> If your child is able to participate in school activities, send him/her to school                                                                                                                                                     |
| <u>Strains, Sprains, and Pains</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>YES-</b> If there is no known injury and your child is able to function ( walk, talk, eat) he or she should be in school. If pain is severe and doesn't go away- a healthcare provider should be contacted.                                    |
| <u>Menstrual Issues</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>YES-</b> Most of the time menstrual ( periods) issues should not be a problem. If they are severe and interfering with your daughter attending school, Consult a healthcare provider.                                                          |
| <u>Fever</u><br>Fever usually is a sign of illness,especially if your child has a fever of 100 or higher.                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>NO-</b> If your child has a fever of 100 or higher, keep them at home until his/her temperature is below 100 for 24 hours without the use of fever reducing medications                                                                        |
| <u>Conjunctivitis (Pink eye)</u><br>The white of the eye is pink and there is a thick yellow/green discharge                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>NO-</b> Your child will need to see a healthcare provider for treatment. Eye drops must be used for 24 hours before the student can return to school.                                                                                          |
| <u>Diarrhea/Vomiting.</u><br>Frequent, loose, or watery stool may mean illness but can also be caused by food and medication. Child has vomited 2 or more times in 24 hours.                                                                                                                                                                                                                                                                                                                                                                | <b>NO-</b> If, in addition to diarrhea, your child acts ill, has a fever, or is vomiting, keep him/her home. Any severe abdominal pain-consult a healthcare provider. Vomiting should be stopped for 24 hours before the child returns to school. |
| <u>Coughing</u><br>Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>NO-</b> Keep your child home and contact a healthcare provider.                                                                                                                                                                                |
| <u>Rash with Fever</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>NO-</b> if a rash spreads quickly, is not healing , or has open wounds, you should keep your child at home and have him/her seen by a health care provider.                                                                                    |
| <u>Strep Throat</u><br>Sore throat, fever, stomach ache, and red, swollen tonsils                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>NO-</b> keep your child at home for the first 24 hours after an antibiotic is started.                                                                                                                                                         |
| <u>Vaccine Preventable Diseases</u><br><b>Chickenpox</b> ( varicella)- skin rash that may appear blister like. Mostly on chest and limbs. Fever may be present. Rash is very itchy.<br><b>Measles and Rubella-</b> Swollen glands, rash that starts behind ears, then the face and the rest of the body, sore joints, mild fever and cough, red eyes<br><b>Mumps-</b> swollen salivary glands, headache, fever, anorexia<br><b>Pertussis</b> ( whooping cough)- many rapid coughs followed by a high-pitched "whoop", vomiting, very tired. | <b>NO-</b> Keep your child at home until a health care provider has determined that your child is not contagious                                                                                                                                  |