



PLEASE READ
THIS IS A VERY IMPORTANT MESSAGE
FROM OUR SCHOOL NURSE

Is my child too sick to go to school today?

Parents are oftentimes confronted with questions when a child complains of not feeling well. Here are some guidelines to follow:

FEVER

- Ⓜ Every home should have a thermometer to check for fever.
- Ⓜ A child with a temperature of 100 degrees Fahrenheit or higher should stay home.
- Ⓜ If you do not have a thermometer but your child's forehead feels hot, please keep your child home until his/her temperature can be determined.
- Ⓜ Your child can return to school once he/she has not had a fever for 24 hours.

COLD/SORE THROAT/COUGH

- Ⓜ A child with a mild cold who is otherwise feeling well is O.K. to go to school.
- Ⓜ A child with a severe cold with a deep hacking cough should stay home in bed even if there is no fever.
- Ⓜ Your child may go to school if he complains of a sore throat, but has no other symptoms.
- Ⓜ A child with a sore throat and body aches, fever, or feeling "run down" needs to stay home and the doctor should be contacted.

RASH

- Ⓜ A rash may be the first sign of one of childhood's many illnesses, such as chicken pox.
- Ⓜ A rash may cover the entire body or may appear in only one area.
- Ⓜ Do not send a child with a rash to school until your doctor has said that it is safe to do so.

STOMACHACHE/VOMITING/DIARRHEA

- Ⓜ Check with your doctor if your child has a stomachache that persists or is severe enough to limit activity.
- Ⓜ If vomiting occurs, keep your child home until he can keep food down.
- Ⓜ A child with diarrhea needs to be kept home.
- Ⓜ Call your doctor if prompt improvement does not occur.

PAIN

- Ⓜ **Toothache** – Consult with a dentist.
- Ⓜ **Earache** – Consult with your doctor.
- Ⓜ **Headache** – A child whose only complaint is a headache usually does not need to be kept home.
(Consult with your child's doctor if headaches occur frequently or are debilitating.)

REMEMBER:

- Ⓜ Sick children belong at home and well children belong in school!
- Ⓜ Students well enough to return to school after an illness will be expected to participate in the activities of the regular school day, which includes recess.
- Ⓜ A doctor's note is needed if your child is to be excused from participating in recess or physical education.