



# Why I Need to Tell the School When My Child is Sick

By keeping your child home and letting your school know your child is sick, it helps us to see if there is a rise of sickness in the school.

## How to Report the Reason My Child is Missing School

If your child is sick, it is of great value to tell the school all signs of illness. If your child has a cough, say they “have a cough”; if they have a fever, say they “have a fever”. If they have more than one symptom, please report all of them. If they have seen a doctor and the sickness is being treated, please share this information.



## Stop the Spread of germs

You may be contagious (catching) up to 7 days after start of symptoms.

- If your child has signs of flu (see chart below), take your child to the doctor
- Keep your child home for 24 hours after their fever is gone without the use of fever lowering medicine (such as Tylenol or Advil)
- Stay away from sick people
- Cover your mouth and nose with a tissue when you cough or sneeze, you may use your elbow if you do not have a tissue
- Try not to touch your eyes, nose, and mouth
- Get lots of rest, drink lots of liquids

## Symptom Guide for Colds, Flu, and “Tummy Flu”

SYMPTOM	COLD	FLU	“Tummy Flu” GI – Gastrointestinal
Fever	Rare	Usual; High (100-102 F)	Rare
Headache	Rare	Common	Rare
General aches, pains	Slight	Usual; often severe	Sometimes
Fatigue, weakness	Sometimes	Usual; up to 2-3 weeks	Sometimes
Extreme exhaustion	Never	Usual, at beginning	Rare
Stuffy Nose	Common	Sometimes	Rare
Sneezing	Usual	Sometimes	Rare
Sore Throat	Common	Sometimes	Rare
Chest Discomfort, Cough	Mild-Moderate hacking cough	Common, can be severe	Rare
Vomiting and/or nausea	Rare	Rare	Common
Stomach ache, pain	Rare	Rare	Common
Diarrhea	Rare	Rare	Common; defined as more than 6 stools in a 24 hour period.



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# When to Keep Your Child Home:

## Fever

### ☺ **OK FOR SCHOOL:**

Your child is good to go if they're over 4 months old; have a fever below 100°F, are drinking fluids and acting normal.

### ☹ **TOO SICK:**

If your child is 4 months old or younger, call the doctor at the slightest sign of fever or sudden change in your child's actions; daycare is out. Older children should stay home if their fever is above 100°F.

*Keep home until they have been fever-free for 24 hours without the use of fever-lowering medicine and are back to normal.*

## Sore Throat

### ☺ **OK FOR SCHOOL:**

A sore throat with a runny nose is often just due to simple swelling; send them off as long as they are fever-free

### ☹ **TOO SICK:**

If the sore throat comes with swollen glands, a fever, headache, or tummy ache, call the doctor.

## Red Eye

### ☺ **OK FOR SCHOOL:**

When the white part of the child's eye is only a little pink and the oozing is clear and watery, they likely have a school-safe allergy.

### ☹ **TOO SICK:**

If the eye is stuck shut, bright red, and/or the oozing is yellow or green, this tells us it is a very catching germ form of pinkeye (conjunctivitis). The child should stay home until they have been on drugs that fight the germs for 24 hours.

## Diarrhea (Poop)

### ☺ **OK FOR SCHOOL:**

Your child is acting normal and their poop is only slightly loose, the child has the all-clear.

### ☹ **TOO SICK:**

Children who poop more than 3 times in 24 hours need to stay home. If you see blood or mucus in the poop, call the doctor.

## Throwing UP

### ☺ **OK FOR SCHOOL:**

If they have thrown-up 1 time in 24 hours, it is ok to send to school. Sometimes kids throw-up because of mucus left over from a cold

### ☹ **TOO SICK:**

If your child has thrown-up two or more times in 24 hours, keep them home. Give them small amounts of liquids often. If they still throw-up after 3 days, or at any time it becomes more often, call the doctor.

## Tummy Pain

### ☺ **OK FOR SCHOOL:**

If this is your child's only sign of sickness and they are active, send them to school. It could be they cannot poop or they may even have a case of the nerves (in which case; a hug will go a long way).

### ☹ **TOO SICK:**

Any tummy pain connected to throwing-up, loose poop, fever, or the child does not want to play; call the doctor.

