

Attendance at School: Should my child be in school with this illness?



Fever: Your child may attend school with a temperature less than 100 degrees Fahrenheit. Fevers are a sign of infection. Make sure you have a thermometer at home and can readily take your child's temperature. Consult your doctor for the best anti-fever medication for your child, and if the fever is associated with other symptoms. Your child needs to be fever free for 24 hours without medication before returning to school.

Rash: A rash is usually a sign of a viral illness. It may also be a reaction to medication or chemical (plant, detergents). If your child has an unusual rash or it is associated with a fever, contact your doctor. Keep your child home from school until you have discussed the rash with your doctor.

When you call your doctor you need to know:

1. The color, location, and texture of the rash
2. When the rash began
3. If your child has a fever
4. If your child has been exposed to other children with contagious illnesses

Stomachache, vomiting, diarrhea: A child with vomiting and/or diarrhea should be kept at home until symptoms have resolved for approximately 24 hours and the child is able to keep down food and liquid. Consult your doctor if fever and stomach pains persist or your child has poor oral intake and appears dehydrated (dry mouth, no tears, sunken eyes, urinates less than 4 times in 24 hours). Remember to wash your hands frequently.

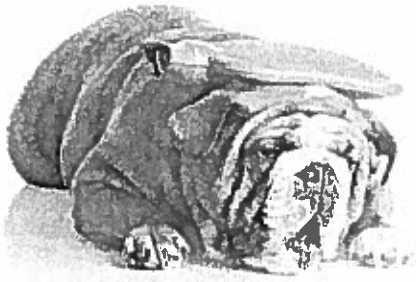
When you call your doctor you need to know:

1. When the illness began
2. How often the vomiting or diarrhea is occurring
3. If your child has lost any weight
4. If your child is able to drink and retain fluids
5. If your child also has a fever

Pain:

Earache: consult your doctor during office hours. To relieve pain, give your child Acetaminophen or Ibuprofen as recommended by your child's doctor. A child need not miss school due to an ear infection.

Toothache: Call your dentist.



Headache: A child should be kept at home if headaches are severe and do not respond to Acetaminophen or Ibuprofen. Consult your doctor if the headaches persist.

Cold, sore throat, cough:

Children average 6-8 colds per year. If cold and cough symptoms are associated with a fever or they do not readily improve, call your doctor. Your child may attend school if there is no fever.

A sore throat in conjunction with a fever and swollen glands may indicate strep infection. Call your doctor during office hours to have your child evaluated. Children are no longer contagious after 24 hours on antibiotics.

When you call your doctor you need to know.

1. When the symptoms began.
2. If your child has a fever.
3. If there have been any contagious contacts.
4. The types of cold medicines you have at home.

Note:

- A. Not all children have a fever with strep throat. Some children complain of a headache or a stomachache with sore throat.
- B. Your child can bring in a water bottle.
- C. Cough drops must be brought in from home. The cough drops will be kept in the nurse's office for safety.
- D. Viruses are spread via "droplet" transmission such as coughing, sneezing, or nasal secretions.



Red Eyes:

When the white part of the eye appears red and produces a yellow or green crusty discharge:

Call your doctor during office hours should these symptoms persist. Your child may have conjunctivitis, a common but troublesome condition which may be a contagious infection. Your child may need an eye ointment and may attend school after 24 hours of treatment. Remember to wash your hands frequently.

Give your child a separate towel and washcloth.

Children are sometimes kept home from school for reasons other than illness. Unnecessary absence from school may have a bad effect on your student's attitude, work habits, and progress. Use your own good common sense and remember:

**Sick children belong at home –
Well children belong in school.**

Do not forget that hand washing is your single greatest weapon against disease transmission.

