

## When Should I Send My Child To School?

*The Suggestions below are for children 5 to 18 years of age.  
Recommendations may be different for infants and younger children.*

Symptoms and Illnesses	Should My Child Go To School
<b>Parent is Sick, Stressed, Hospitalized.</b>	<b>Yes-</b> If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. We all are sick at times so plan ahead for these days. Get a neighbor, relative or spouse to take your child to school and pick him or her up.
<b>Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy etc.)</b> Chronic disease is a long-lasting condition that can be controlled but not cured.	<b>Yes-</b> Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs.
<b>Child Doesn't Want to go to School</b> Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea. (These can be signs of depression, anxiety, post-traumatic stress, or fear).	<b>Yes-</b> You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a healthcare provider. Your child may be experiencing bullying or trauma, may be behind in his or her school work or not getting along with others. These and other issues may require your or school personnel's attention.
<b>Cold Symptoms</b> Stuffy nose/runny nose, sneezing, mild cough.	<b>Yes-</b> If your child is able to participate in school activities, send him or her to school.
<b>Conjunctivitis (Pink Eye)</b> The white of the eye is pink and there is a thick yellow/green discharge.	<b>No-</b> Your child must be seen by a healthcare provider. If diagnosed with Conjunctivitis; treatment must be started before they can return to school. Please note: if your child's eye/eyes is/are red with or without clear, watery drainage this could be a sign of allergies. Students may attend school as long as discharge from the eye is not thick yellow/green.
<b>Head Lice</b> Intense itching of the head; may feel like something is moving.	<b>Yes-</b> Your child can be in school if he or she has had proper treatment of hair for lice and no live bugs are found in the hair. Your child can attend school with nits, but if live bugs are found they will not be able to attend school until treatment is completed and no live bugs are found by school staff.
<b>Strains, Sprains and Pains</b>	<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 or doesn't stop, consult a healthcare provider.
<b>Menstrual Issues</b>	<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 with a health care provider.
<b>Fever</b> Fever usually means illness, especially if your child has a fever of 100 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting etc.	<b>No-</b> If your child has a fever of 100 or higher, keep them at home until his or her fever is below 100 for 24 hours without the use of fever reducing medication. If the fever does not go away after 2-3 days or is 102.0 or higher, you should consult a healthcare provider.
<b>Diarrhea</b> Frequent, loose or watery stool may mean illness but can also be caused by food and medication.	<b>No-</b> If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep him or her at home. If stool is bloody or, if the child has abdominal pain, fever or vomiting, you should consult a healthcare provider.
<b>Vomiting</b> Child has vomited 2 or more times in a 24 hour period.	<b>No-</b> Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a healthcare provider.

<b>Coughing</b> Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing.	<b>No-</b> Keep your child home and contact a healthcare provider. Asthma-If symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school.
<b>Rash With Fever</b>	<b>No-</b> If a rash spreads quickly, is not healing or has open weeping wounds, you should keep your child at home and have him or her seen by a healthcare provider.
<b>Strep Throat</b> 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 begun.
<b>Vaccine Preventable Diseases</b> <b>Chicken Pox</b> -fever, headache, stomachache or sore throat; then a red itchy skin rash develops on the stomach first and then limbs and face. <b>Measles &amp; Rubella (German Measles)</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. <b>Mumps</b> -fever, headache, muscle aches, loss of appetite, swollen tender salivary glands. <b>Pertussis (Whooping Cough)</b> - 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.

## H.E.A.L : Health Education & Attendance For Life

When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Whether the days missed are due to illness, truancy or for any other reason, the end result for the student is the same---learning time is lost. Children and adolescents will get sick at times and may need to stay at home, but we want to work with you to help minimize the number of days your student misses school.

### Missed Days Add up Quickly

- Just a few missed days a month adds up to several school weeks missed in a year.
- Both excused and unexcused absences can make it more difficult for your child to keep up with other students, especially in math and reading.
- Kindergarten and first grade are critical for your child. Missing school during these early years makes it more difficult for children to learn in later years and they often have trouble reading by the end of third grade.

### Work with Your Child and Your school

- As the parent, be strong with your child and don't let your child stay home when it is not necessary. This will help your child succeed.
- If your child has a chronic disease, make sure that the school staff is aware of the disease so the staff can assist your child if he or she becomes ill. Information about your child's chronic disease should be noted on the school emergency or health information card.
- Keep an open line of communication with school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for you child.

### Helpful Ideas:

- Make appointments with the doctor or dentist in the late afternoon. If your child has a well doctor's appointment during the school day, pick your child up from school and then bring him or her back to school after the appointment, if possible.
- If your child must miss school make sure all class work is made up and turned in to the teacher.
- Be prepared to get a doctor's note when required by school personnel.