

# TOO SICK for SCHOOL?



## COLD or FLU?

SYMPTOM	COLD	FLU
Fever	Rare	Greater than 100
Headache	Rare	Common
Body aches	Slight	Usual/often severe
Onset	Over a few days	Rapid onset
Stuffy nose	Common	Rare
Runny nose	Common	Common
Sore throat	Common	Sometimes
Cough	Mild to moderate	Common

### How Do You Know When To Send Your Child to School?

We realize that the mentioned conditions are not inclusive, but they are the most common health reasons for children's absences.

**REMEMBER:** *School attendance is important for a child to succeed. Making this decision as a parent is difficult. As a guideline, if children are well enough to go outside and play, or go shopping, then they are most likely well enough to attend school. If your child is absent from school, you must send an excuse within 3 days of their return.*

#### **COLDS**

Students may continue to attend school with colds. Students should NOT attend if they have a fever (> 100 F without medication) or excessive cough.

Colds generally last 3-14 days.

##### Symptoms:

OFTEN: cough, sore throat, runny nose with yellow mucus

RARELY: fever or itchy/watery eyes

SOMETIMES: aches, fatigue

#### **STREP THROAT**

Students may return 24 hours AFTER first dose of antibiotics

It is important to finish prescribed medications.

Symptoms: sore throat, fever, Stomach ache, & headache

\* Needs to see doctor for treatment.



#### **VOMITING/DIARRHEA**

Students may return 24 hours after last vomiting episode.

If your child has diarrhea, keep home until bowel movements are formed and not watery.

#### **FEVER**

Students may return 24 hours after being fever free (<100 F) without medication.

Fever is defined as over 100 F.

This helps reduce the spread of infection and to minimize the risk to other children and adults in the school.

#### **SCABIES**

Students may return 24 hours after prescribed treatment.

Must be diagnosed by doctor or licensed provider.

#### **LICE**

Students with live lice may not return to school without appropriate treatment.

Child must have no live lice upon returning to school.

#### **FLU**

Student may return when symptom free for 24 hours without medication.

Symptoms: body aches, high fever, chills, congestion, sore throat and sometimes vomiting.

Typically lasts 5-7 days.

#### **PINK EYE**

Student may return 24 hours after the first dose of medication and no drainage is present.

Needs to be diagnosed by doctor or licensed provider.

Symptoms: eye red with cloudy or yellow drainage, sensitive to light

**Disclosure: The information on this handout is NOT to replace or provide diagnosis from a licensed provider. If you are in doubt, please contact your medical provider.**