

Is my child sick?
Should I send my
child to school?



Sick children belong at home

...

Well children belong in school

Is my child sick?

One of the problems most often confronting parents of school-age children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child stays home or goes to school. What do you do? How do you make the right decision? You don't want to keep your child home if the child really isn't sick, but you also don't want to send a sick child to school.

The information in this pamphlet is not intended as medical advice but to provide guidelines until your doctor can be contacted.



Immunization

State law requires that all children, before entering school, be immunized against diphtheria, pertussis, tetanus, polio, measles, rubella, and chicken pox.



Fever

A fever is a warning that all is not right with the body.

The best way to check for fever is with a thermometer, which every home should have. A child with a fever over 100° should not be sent to school.

When a thermometer is not available, check the child's forehead with the back of the hand. If the child's head is hot, keep the child home until cool to the touch.

Please keep your child home until free of fever for 24 hours.

Stomachache, Vomiting, Diarrhea

Consult your doctor if your child has a stomachache that is persistent or severe enough to limit activity.

If vomiting occurs, keep your child home until the child can keep food down.



A child with diarrhea should be kept at home.

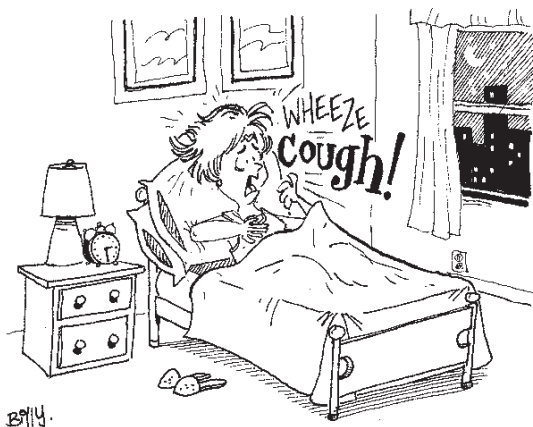
Call your doctor if there is not prompt improvement.

Cold, Sore Throat, Cough

The common cold presents the most frequent problem to parents.

A child with a “heavy” cold and a hacking cough belongs home in bed, even if there is no fever.

If your child complains of sore throat and has no other symptoms, he/she may go to school. If white spots can be seen in the back of the throat or if fever is present, keep the child home and call your doctor.

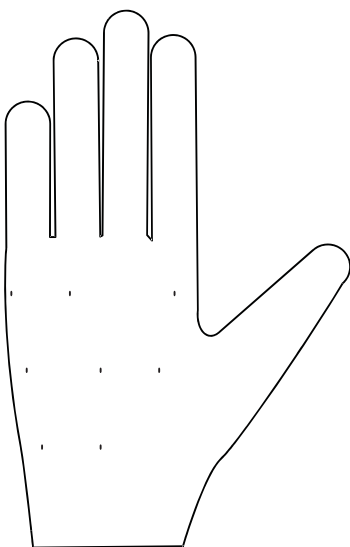


Rash/Itching

A rash may be the first sign of one of childhood's many illnesses, such as measles or chicken pox.

A rash or "spots" 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.



Intense itching can result from several highly contagious parasites. Check the scalp, particularly behind the ears and at the back of the head, for head lice and their tiny white eggs attached to the hair.

A burrowing mite causes the redness, swelling, and blisters of scabies on forearms and hands and in armpits, elbow creases, and behind knees.

Treat both problems without delay, following the advice of your doctor or pharmacist.



Pain

Toothache—contact your dentist.

Earache—consult your doctor without delay.

Headache—A child whose only complaint is a headache usually does not need to be kept at home.

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

Sick children belong at home; well children belong in school.



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