

## When Should I Send My Child To School?

The suggestions below are for children 5-18 years of age.  
Recommendations may be different for infants and younger children.

Symptoms and Illness	Should My Child Go To School?
<b>Parent is Sick, Stressed, or 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. Try to arrange with 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>Cold Symptoms</b> Stuffy nose/runny nose, sneezing/sniffles, mild cough	<b>Yes</b> -Your child should be able to participate in school activities with a cold. Send him or her to school.
<b>Conjunctivitis (Pink Eye)</b> The white of the eye is pink and there is a thick discharge	<b>Yes</b> -Your child can attend school, but call your health care provider to see if medications/treatment is needed.
<b>Head Lice</b>	<b>Yes</b> -Your child can be in school <b><u>once he or she has had treatment with a lice shampoo.</u></b> Contact your school if you need information on how to treat head lice.
<b>Strains, Sprains, and Pains, including Headaches and Stomachaches</b>	<b>Yes</b> -If there is no known medically diagnosed 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 with a health care provider.
<b>Menstrual Issues</b>	<b>Yes</b> -Most of the time menstrual (period) issues should not be a problem. If they are severe and interfering with your daughter's ability to attend school, consult with a health care provider.
<b>Coughing</b> Severe uncontrolled, rapid coughing, wheezing, or difficulty breathing	<b>Yes</b> -Your child can attend school but contact a health care provider to see if medication or treatment is needed. If cough is due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school.
<b>Fever</b> <u>You must use a thermometer to measure a fever.</u>	<b>No</b> -If your child has a fever of 100 degrees or higher keep them at home until his or her fever is below 100 degrees for 24 hours without the use of fever reducing medications. If the fever does not go away after 2 days or is higher than 102, you should consult a health care 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 health care provider.
<b>Diarrhea</b> Frequent, loose watery stools may mean illness but can also be caused by food or 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 the stools are bloody, if the child has abdominal pain, fever or vomiting, you should contact a health care provider.
<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 health care 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><u>Vaccine Preventable Diseases</u></b> <b>Chicken Pox (Varicella)</b> <b>Measles &amp; Rubella (German Measles)</b> <b>Mumps</b> <b>Pertussis (Whooping Cough)</b>	<b>No</b> - Keep your child at home until a health care provider has determined that your child is not contagious.