

## WHEN SHOULD I SEND MY CHILD TO SCHOOL?

The guidelines 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>Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy, etc.)</b>	<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. Please meet with the healthcare personnel at your school to make sure they have all the information necessary and together come up with a plan for your child's chronic illness.
<b>Child Doesn't Want to go to School</b>	<b>YES</b> - You should keep your child in school, but try to determine what is causing the changes. Talk with school personnel about what your child is expressing- they will be happy to help find a solution!
<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>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 an initial treatment of shampooing of hair with a product for lice and no <u>live</u> lice are present. Please see our lice handout for more information.
<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 the pain is severe or doesn't stop, or if there is swelling present please consult a health care 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>Ringworm</b>	<b>YES</b> - Your child can attend school once they have had one application of an appropriate antifungal medication. They will need to keep the area covered at <u>all</u> times.
<b>Conjunctivitis (Pink Eye)</b> The white of the eye is pink and there is a thick yellow/green discharge. There may also be a sensitivity to light and an "itchy" or "gritty" feeling in the eye.	<b>NO</b> - Your child cannot attend school, until they have received treatment for 24 hours <u>and</u> symptoms (discharge) are gone.
<b>Fever</b>	<b>NO</b> - If your child has a fever of 101° or higher, <u>OR</u> has symptoms such as: sore throat, chills, cough, nausea etc. keep them at home until his or her fever is gone and/or their symptoms have resolved for 24 hours without the use of fever-reducing medication.
<b>Diarrhea</b>	<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, if the child has abdominal pain, fever or vomiting, you should consult a healthcare provider.
<b>Vomiting</b>	<b>NO</b> - Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a healthcare provider. If the incident of vomiting happens only one time and the Health Office staff it is due to something other than illness the student may remain in school.
<b>Rash With Fever</b>	<b>NO</b> - If a rash spreads quickly, is not healing, or has open weeping wounds, keep your child at home and have him or her seen by a health care provider.
<b>Strep Throat</b>	<b>NO</b> - Keep your child home for the first 24 hours after an antibiotic is begun.
<b>Vaccine Preventable Diseases</b> <b>Chicken Pox</b> - fever, headache, stomach ache 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 your child is not contagious.

*This information is based upon recommended guidelines from reliable sources to include the Centers for Disease Control (CDC), American Academy of Pediatrics, Public Health Association.*

*H.E.A.L.*  
*HEALTH, EDUCATION & ATTENDANCE FOR LIFE*

**A HEALTH FLYER FOR PARENTS**

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**

- 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 schools on-line registration.
- For students with asthma: if your child has asthma, the school needs an Asthma Health Care Plan completed by his or her doctor in order for the Health Office staff to make sure they have the information they need to care for your child. Make sure that all supplies (inhaler, spacer, etc.) needed to manage your child's asthma are at the school. If your child needs to carry his/her inhaler with them, please make sure you fill out the proper paperwork through the Health Office.
- For students with diabetes: if your child has diabetes, the school needs a Diabetes Management Plan completed by his or her doctor. Make sure that all supplies (insulin, blood sugar meter, test strips, snacks, quick sugar) needed to manage your child's diabetes are at the school.
- **Keep an open line of communication with school health staff. The more the nurse knows about your child's health, the better prepared everyone will be to work together for your child.**

**Helpful Ideas:**

- Make appointments with the doctor or dentist in the late afternoon so your child misses as little school as possible.
- If your child must miss school, make sure you get his or her homework assignments and follow up to see if the work is completed and turned in.
- Call the school as soon as you know your child will be absent and tell school staff why your child will be out.
- Be prepared to get a doctor's note when your child will need accommodations at school such as a wheelchair, crutches, splints etc. Our guidelines allow for 72 hours without a note, but it will be easier to get the note while you are at the doctor's office/ urgent care.
- If you need school health information after business hours, please use our district website, or your schools website and look under the "Health Services" tabs. There is a lot of useful information posted on childhood illnesses as well information regarding resources for keeping your child healthy!