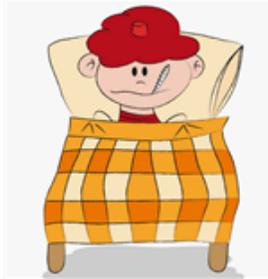


## When to Miss School:



School starts in an hour, and your child says she does not feel well.



Should you send him/her to school or keep her home?

“Ask yourself, ‘If my child were healthy, would I want her near someone with these symptoms?’” advises Robert Hoekelman, M.D., contributing editor of *The Merck Manual of Medical Information—Home Edition*, who offers these guidelines to help you decide what to do.

Of course, if symptoms last longer than 24 hours or worsen, call your pediatrician.

Symptom	Keep Your Child Home If:
<b>Communicable Illness*</b>	Pediatrician has diagnosed strep infection, hand foot and mouth, conjunctivitis (pink eye) or other communicable illness. Child should be kept home in accordance with pediatrician instructions. Notify school of diagnosis.
<b>Cough</b>	Child coughs frequently, coughs up phlegm, cough sounds like a bark or cough is accompanied by a sore throat or wheezing.
<b>Ear Ache</b>	Child’s pain is constant or severe.
<b>Fever</b>	Child has a morning temperature of 100° F or higher, or temperature is below 100° but child is achy, pale, or tired. <i>Child must be fever-free for 24 hours without the aid of fever-reducing medication before returning to school.</i>
<b>Rash</b>	The rash blisters, develops pus or is uncomfortable.
<b>Sneezing or Runny Nose</b>	Child is sneezing a lot and nose won’t stop running.
<b>Sore Throat</b>	Child has tender swollen glands and a fever of 100° or higher.
<b>Stomach Ache</b>	Child has had two or more episodes of vomiting or diarrhea or has had one in the past 24 hours and feels tired or ill. <i>Child must remain at home for at least 24 hours following the last episode of vomiting or diarrhea.</i>

From our experience we have learned that sick children seldom, if ever, gain anything by attending school. They are much better off at home where they are most likely to get the necessary care for recovery and early return to school. Keeping ill children at home also protects other children, their parents, and the school staff.

### A child should be kept home:

- At least 24 hours after a fever and must be fever free for at least 24 hours without the use of fever reducing medications.
- 48 hours after starting antibiotics

REMINDER: *If your child needs to take medication at school, you need to send a form signed by you and the health care provider with the medication in its original container.*

Please call me if you have any questions.

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