

## **When to Keep Your Child Home from School**

It's that time of year and with so much illness going around these guidelines may help you to know when to keep your child home from school.

### **USING COMMON SENSE:**

Do not send your child to school with an illness that could spread.

Do not send your child if he would be miserable all day or would distract the other children.

Have "just in case" care for your child in the event you are unable to stay home with a sick child.

**APPEARANCE/BEHAVIOR:** Unusually tired, pale, difficult to wake, confused or irritable, with lack of appetite.

### **COMMON COLD:**

If your child has minor cold symptoms but does not have the symptoms described in this paper, he may not need to be kept home from school.

A long-term, (chronic) greenish nose discharge, and/or a chronic cough are symptoms that should be seen by a doctor.

**DIARRHEA:** Three or more watery stools in a 24-hour period, especially if your child acts or looks ill.

**EAR INFECTIONS:** Your child may attend school after receiving medical treatment. (Untreated ear infections can cause permanent hearing loss, and even more serious problems.)

**EYES:** Thick mucus or pus draining from eye, or pink eye. Or a pink eye that has had crust in the lashes. Your child can attend school 24 hours after starting medical treatment.

**FEVER:** Temperature of 100<sup>^</sup> or higher. If they have fever, the student must be fever FREE for 24 hours before returning.

**RASH:** Body rash, especially with fever and itching.

**VOMITING:** Vomiting two or more times within the past 24 hours. They may not return until they have not vomited for a 24 hour period.

**SORE THROAT:** Especially with fever, or swollen glands in the neck.

**PLEASE encourage your child to wash his/her hands after using the restroom, coughing or sneezing, before eating and after playing outside or with pets. This will help cut down on the chances of catching the flu. There are several cases of both regular flu and H1N1 flu all around our area right now, so we want to start encouraging healthy habits now so the transmission of the flu will be limited.**

If you have any questions, please contact me at [jcorbin@ednet10.net](mailto:jcorbin@ednet10.net) or 903-437-2366

Jodi Corbin

Tioga ISD

Health Office