

# IS MY CHILD WELL ENOUGH TO BE IN SCHOOL TODAY?

Knowing whether a child is well enough to go to school can be tough for any parent. It often comes down to whether a child can still participate at school. Having a sore throat, cough, or mild congestion doesn't always mean a child can't handle class and other activities.

## Stay Home

- **Fever**  
Keep home until fever is below 101 for 24 hours without the use of a fever reducing medication.
- **Severe cough and cold**
- **Diarrhea**
- **Red eyes with discharge**
- **Lice**
- **Rash with fever**
- **Vomiting more than 2x in 24 hours**
- **Not feeling well enough to participate in school activities**

Keep an open line of communication with your school's health office and teachers. The more the school knows about your child's health, the better prepared everyone will be able to work together for your child.

## Keep An Eye On

- **Runny nose**
- **Cough**
- **Rash**
- **Not acting like their self**
- **If other family are ill**
- **Ear infections**
- **Mild cold or respiratory symptoms**
- **Notify the school's health office if your child has been to the Doctor, Urgent Care, or Emergency Room.**

Missing school during the early years makes it more difficult for children to learn in later year and they often have trouble reading by the end of 3<sup>rd</sup> grade

## Have A Great Day At School

- **Feeling well today**
- **Has been well for the last 24 hours**
- **Parents, be strong with your child and don't let them stay home when it is not necessary. This will help them succeed.**

Just a few missed days a month add up to several school weeks missed in a year – learning time is lost.