

Dear Parents,

As we enter cold and flu season, we know it's challenging to decide when to send your child to school and when to keep them home. To make this easier, we've provided a chart below with common symptoms and guidance on when to keep your child home or send them to school.

If you're unsure or have questions, please contact your child's healthcare provider for advice.

Thank you for helping us keep our school community healthy!

Best regards,
Kristin, RN
LMMS School Nurse

[LMMS illness guidelines](#)

Symptom Checklist for School Attendance

| Symptom | Stay home or seek medical care? | Return to School Guidance |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Fever | Stay home: fever of 100.4 ⁰ F or 38 ⁰ C or higher Seek care: fever plus ear pain, sore throat, rash, stomachache, headache or tooth pain | No fever without using fever-reducing medication in 24-hr period, and feeling better |
| Vomiting and/or diarrhea | Stay home: vomited more than twice in 24 hours or watery stool/diarrhea Seek care: stomach cramps and fever, bloody or black stool, signs of dehydration (sleepy, dry mouth, not urinating normally) | did not vomit overnight, able to drink liquids and eat without throwing up, diarrhea improved |

| | | |
|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Persistent cough or trouble breathing</p> | <p>Stay home: active persistent coughing, excess phlegm</p> <p>Seek care: difficulty breathing or catching breath, fever with cough (could be signs of flu or covid-19 and should be evaluated)</p> | <p>feeling better, and if care sought, cleared by health care provider</p> <p>if asthma, make sure to secure permission to use breathing medication at school</p> |
| <p>Rash</p> | <p>Seek care: if rash has blisters that are draining, is painful, looks like bruises and/or fever develops</p> | <p>rash has healed or cleared to return by health care provider</p> |
| <p>Eye irritation</p> | <p>Seek care: if eyes are swollen, have pain, trouble seeing or eye injury is present</p> | <p>once feeling better</p> |
| <p>Sore throat</p> | <p>Seek care: if drooling, have trouble swallowing or a fever and/or rash</p> | <p>once feeling better; if prescribed an antibiotic by health care provider, can return 12 hours after the first dose if no fever and feeling better</p> |

* Note: the recommendation is to stay home with a positive home COVID test result - follow CDC guidance.