

Too Sick for School?

Please follow these *general illness guidelines* to help decide if your child is too sick to attend school.

Fever: (body temperature of 100.4 degrees or higher) A fever may be a sign that your child has an illness/contagious illness. Your child should be fever free without the use of fever reducing medicines for at least 24 hours before returning to school.

Coughs and Colds: Children are typically able to attend school when experiencing cold virus symptoms (upper respiratory symptoms). *However*, at times the frequency of coughing, nasal drainage or other illness complaints that can accompany colds may interfere with a child's ability to learn and participate in school. Give your child time to rest at home when you or school staff recognize the coughs or cold symptoms are severe enough to interfere with normal, daily activities.

Vomiting and Diarrhea: If your child has vomited or has diarrhea along with other signs of illness (ex: stomach pain, fever, fatigue) then keep your child home. Your child may return to school once symptom free for at least 24 hours.

Sore throats, ear aches, "pink eyes": If your child has persistent complaints or the appearance of these signs or symptoms of illness then contact your child's healthcare provider. If antibiotics are prescribed they should be used for 24 hours before your child returns to school or at your health care provider's direction.

Keep in mind that when your child is at school he or she should be well enough to participate in the normal school day activities. When children are sick with more than minor illnesses they may need more rest time and therefore should stay home for rest and care. If you have any questions about your child's health, you are uncertain about the level of care your child needs, or your child is ill for more than a few days then contact your child's health care provider.

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Adapted from Wittenberg Birnamwood School District's "Temporary Exclusion Guidelines for Ill Students".