Is My Child Too Sick To Go To School?  
A Guide For Parents

APPEARANCE / BEHAVIOR—Unusually tired, pale, no appetite, hard to wake or confused.

EYES—If there is drainage, vision change, and/or redness of the eyelid, itching, pain or sensitivity to light. This may be a sign of “pink eye” (conjunctivitis) and the student should be seen by a healthcare provider.

FEVER—Temperature of 100 degrees Fahrenheit or higher. Students need to be fever-free for 24 hours before returning to school WITHOUT medications to reduce the fever.

BAD COUGH OR COLD—If a cough or cold persists for more than 2 weeks, the student may need to be seen by a healthcare provider.

DIARRHEA—2 or more watery stools in 24 hours, especially if the student acts or looks ill. Students should stay home for 24 hours after last watery stool.

VOMITING—Vomiting 2 or more times in 24 hours. Student should stay home for 24 hours after the last time they vomited.

RASH—Bothersome body rash, especially with fever or itching. Some rashes may spread to others and should be checked by a healthcare provider.

INJURY / SURGERY—If student is unable to concentrate due to pain or pain medication, they should stay home. Please have your healthcare provider contact the school nurse to help your child safely return to school. Letting the school nurse know in advance of any planned surgery will be helpful.

STILL HAVE QUESTIONS about whether or not your student is healthy enough to come to school? Contact the school nurse or your child’s healthcare provider.

Keeping ill students at home, encouraging frequent hand-washing and covering coughs protects everyone.

Students are expected to participate in all parts of the school day including PE and recess. If your doctor has restricted activity, please send a doctor’s note.

THANK YOU FOR HELPING TO KEEP OUR STUDENTS SAFE AND HEALTHY