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WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

It's 6:30 on Tuesday morning and your child gets up saying "I don't feel good." How do you decide whether to send your child to school or keep him/her home? It's not an exact science, but the guidelines below will help.

1. Take your child's temperature. Your child may be sick even if their temperature is normal. A temperature of 100° or over is a sure sign to keep your child home. If you give your child a fever-reducing medication and send him/her to school, the medication will lose its effectiveness before the school day is over. The school will have to call you, and other students may be exposed to the sickness your child is experiencing. Keep home until fever-free (less than 100°) for 24 hours without the use of fever-reducing medications such as Tylenol or Motrin.

Date: _____ **Time:** _____ AM PM **Temperature:** _____ °

2. If your child has been vomiting or having diarrhea during the previous night, please keep your child home from school. Consult their doctor if symptoms continue for more than 48 hours or get worse instead of improving.
3. If your child has a rash that is accompanied by a fever or changes in behavior, please keep your child home and consult your child's doctor.
4. Keep your child home if he has heavy nasal congestion and/or frequent cough. He probably feels miserable and will not learn much, and may be very contagious to others.
5. If your child is diagnosed with a contagious disease, such as strep throat, your child should be taking antibiotics prescribed by his/her Physician for at least 24 hours before your child returns to school.

It's often difficult to tell how sick your child really is. If your child stays home and then feels better later, you can always take him/her to school. Be sure that the school has current telephone numbers to reach you at all times in case your child becomes ill or injured. School is important, but children who are sick need to stay at home.