

WHEN TO KEEP YOUR CHILD HOME OR SEND HIM/HER TO SCHOOL

Consider keeping your child home if he/she has a fever of 100.4 degrees or higher or has been vomiting.

If he or she has symptoms that will prevent him or her from participating in school, such as:

- *Excessive tiredness or lack of appetite

- *Productive coughing, sneezing

- *Headache, body aches, earache

*Sore throat. A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Contact your pediatrician to perform a strep test if your child has a severe sore throat.

Keep your child home until his or her fever has been gone for 24 hours without medication. Colds can be contagious for at least 48 hrs. Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.

Does my child have the flu? The flu is serious! Call your pediatrician at the first sign of flu symptoms, which typically come on suddenly, including:

- *High fever

- *Chills

- *Headache, body aches, earache

- *Nausea and vomiting

- *Dry cough

If you're unsure about the best way to treat your child's cold or flu you can ask your school nurse, doctor, pharmacist or any other healthcare provider. Remember to keep your hands washed frequently using plenty of soap and water, cover all coughs and sneezes with a tissue or sleeve, use disinfecting wipes around the house and at school (ex. Door knobs, phones, remote controls, toys and keyboards) and always consult your doctor or school nurse with any questions.

Stay Healthy!

Stacey

School Nurse