

Go to School or



not go to School?



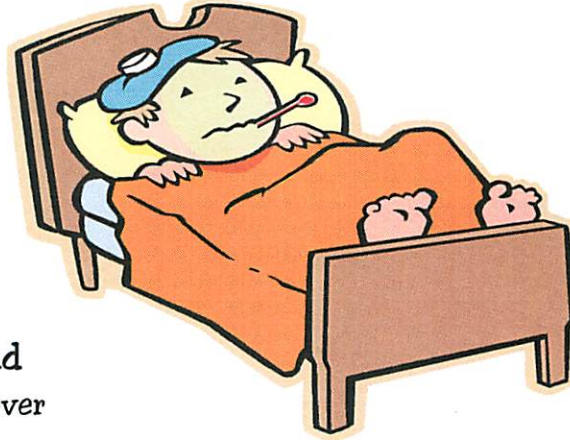
That is the question!

A common problem that parents of school age children face occurs when a child complains of not feeling well on a school day. Parents must decide whether the child stays home or goes to school. How do you make the right decision? You don't want to keep them home if they really aren't sick, but you also don't want to send a sick child to school. The following may give you some guidelines:

### FEVER

A fever is a warning that all is not right with the body.

The best way to check for fever is with a thermometer, which every home should have. **If your child wakes up with a fever, do not give him fever reducing medicine and send him to school.** No child with a fever over 100 degrees should be sent to school.



If no thermometer is available, check your child's forehead with the back of the hand. If it is hot, keep your child home until fever can be checked with a thermometer.

**Do not allow your child to return to school until he has been free of fever without fever-reducing medication for 24 hours.**

### PAIN

Toothache - contact your dentist.

Earache - consult your doctor without delay.

Headache - A child whose only complaint is headache usually need not be kept at home.

### COLD SORE THROAT COUGH

The common cold presents the most frequent problem to parents.

A child with a "heavy" cold and a hacking cough belongs home in bed, even though he has no fever. If a cold/cough lasts longer than 7-10 days, contact your child's doctor.

If your child complains of sore throat and has no other symptoms, he may go to school. If white spots can be seen in the back of the throat or if fever is present, keep him home and call your doctor.

STOMACHACHE   VOMTING   DIARRHEA  
CONJUNCTIVITIS OR PINK EYE



Consult your doctor if your child has a stomachache which is persistent or severe enough to limit his activity.

If vomiting occurs, keep your child home until he can keep food down. Do not send your child to school if he has diarrhea. Call your doctor if prompt improvement does not occur.

There are several types of conjunctivitis, or pink eye which can be very contagious. If a mattery discharge is noted from one or both eyes or the eyelids are "stuck shut", do not send your child to school until you have called the doctor to see if treatment is necessary.

Your child may return to school 24 hours after treatment was started.

RASH/ITCHING

A rash may be the first sign of one of childhood's many illnesses.

A rash or "spots" may cover the entire body or may appear in only one area.

Do not send a child with a rash to school until your doctor has said that it is safe to do so.

Scabies, caused by a burrowing mite, may be the cause of intense itching, especially at night. The scabies rash is commonly seen on hands, forearms, and armpits.

Head lice causes intense itching of the scalp. Check the hair for nits, which are tiny white eggs attached to the hair shaft. They are often found above the ears and around the neckline.

Notify school of these conditions and treat both problems without delay, following the advice of your doctor, pharmacist or Health Department.

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Don't keep your child home if he is not sick. Unnecessary absence from school has a bad effect on a student's attitude, work habits and progress. Truancy is notified if your child has missed a significant number of school days. Use your own good common sense and remember:

**SICK CHILDREN BELONG AT HOME  
WELL CHILDREN BELONG IN SCHOOL**