



# WHEN SHOULD I SEND MY CHILD TO SCHOOL?

## Child doesn't want to go to school

Frequent crying, fear, anger, not wanting to socialize, behavior changes, stomach ache, nausea. *These can be signs of depression, anxiety, stress or fear.*



**YES**– You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel & consult a health care provider. Your child may be experiencing bullying or trauma, may be behind in his or her school work or not getting along with others.

## Chronic Disease Symptoms

Chronic disease is a long-lasting condition that can be controlled but not cured.  
*Asthma, Diabetes, Migraines, Sickle Cell, Epilepsy, etc.*



**YES**– Your child should attend school. School nurses can provide necessary medical interventions for chronic disease management, including medication administration.

## Cold Symptoms

Stuffy nose/runny nose, sneezing, mild cough, no temperature/fever over 100. *See information on the next page regarding Respiratory Illness.*



**YES**– Your child should attend school.

## Coughing

Severe, uncontrolled, rapid coughing, and/or difficulty breathing.



**NO**– Keep your child home and contact a health care provider. *Coughing due to asthma may be controlled at school with appropriate interventions.*

**Notify your child's school nurse.**

## Diarrhea

Frequent, loose or watery stool may mean illness, but can also be caused by food or medication.



**NO**– Your child may return to school when diarrhea has stopped for 24 hours.

**Notify your child's school nurse.**

## Eye Symptoms

*Redness, discharge, itching, swelling, etc.*



**NO**– Your child needs to be evaluated by a health care provider for possible treatment. If an antibiotic is prescribed, your child should remain home for 24 hours after starting the medication.

**Notify your child's school nurse.**

## Family member sick, stressed, hospitalized



**YES**– If you or a family member is sick, your child needs to attend school. The best place for your child is at school.



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## Head Lice

Intense itching of the head; may feel like something is moving.



**YES**– Please notify your child's school nurse.

## Fever

A fever usually means illness, especially if your child's temperature is greater than 100.



**NO**– Your child needs to remain home until your child's temperature is below 100 for 24 hours without the use of fever reducing medication. Consult a health care provider if your child also has symptoms such as behavior change, rash, sore throat, vomiting, etc.

**Notify your child's school nurse.**

## Respiratory Illness (including flu/covid)

Respiratory illness with sudden onset of fever, body aches, dry cough, sore throat, chills, etc. Consider home testing for flu/covid and speak with medical provider if positive. Follow provider guidelines for recommended annual flu/covid vaccine.



**NO**– Your child may need to be evaluated by a health care provider for possible treatment.

**Notify your child's school nurse.**

## Menstrual Issues



**YES**– If menstrual symptoms are severe and interfere with your child's attending school, consult a health care provider and your child's school nurse.

## Minor Injuries



**YES**– Most children can attend school with minor injuries. If any injury limits movement and causes persistent pain, it should be evaluated by a medical provider. Please contact your child's school nurse to further discuss.

## Rash



**NO**– If your child has an undiagnosed rash, a non-healing or open, weeping wound, you should keep your child at home and follow up with a health care provider for evaluation and possible treatment.

**Notify your child's school nurse.**

## Strep Throat

Sore throat, headache, fever, rash, stomachache, and/or red, swollen tonsils.



**NO**– Your child should remain home for 24 hours after starting the antibiotic.

**Notify your child's school nurse.**

## Vomiting



**NO**– Keep your child at home until the vomiting has stopped for 24 hours and is tolerating food. If vomiting continues, contact a health care provider.

**Notify your child's school nurse.**