

## When Is My Child Too Sick For School?

Proper care in the early stages of an illness can decrease recovery time for the ill child and the possibility of spreading the illness to others. Proper diet, adequate rest, and frequent hand washing can assist the body's ability to fight infection.

There may be some students attending school who have difficulty fighting infection. We ask that you assist us by notifying school of your child's illnesses and consulting the following guidelines to decide when your child should stay home from school.

**Irritability, poor appetite, tiredness, achiness** are vague symptoms. Changes in a child's normal behavior can often signal the beginning of an illness.

**Fever of 100 degrees or higher.** Take your child's temperature if he/she is complaining of feeling tired, headache, sore throat or stomach ache. A child should be fever-free for 24 hours **WITHOUT** the use of fever-reducing medication (Tylenol, Advil, etc.) before returning to school.

**Nausea, vomiting, or diarrhea.** Keep your child at home for the duration of these symptoms. Be sure he/she is able to drink fluids and eat food without difficulty before returning to school.

**Suspected contagious conditions** such as undiagnosed rashes or red eyes with drainage. A child must be sent home until identified symptoms are evaluated and conditions for return to school are provided in writing by a licensed healthcare provider.

**Please refer to your school handbook for further information**

**If you are in need of a healthcare provider please call 1-800-253-4368 or search [www.chihealth.com](http://www.chihealth.com) to find a CHI Health physician at a clinic convenient for you.**

