

IS HE SICK? SHOULD I SEND HIM TO SCHOOL?



Children are known to have been kept home from school for reasons other than illness. Unnecessary absence from school may have a bad effect on a student's attitude, work habits, and progress.

One of the problems most often confronting parents of school-aged children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child stays home or goes to school!

What to you do?

How do you make the right decisions?

You do not want to keep a child home if he really is not sick; but you also do not want to send a sick child to school. This pamphlet is designed to provide guidelines to be followed until your doctor can be contacted for his opinion. This should be done without delay. If you have no family physician, the names of doctors in your area can be obtained by contracting your County Medical Society.



The information in this pamphlet is *not* intended as medical advice.

FEVER

A fever is a warming that is not right with the body.

The best way to check for fever is with a thermometer, which every home should have. No child with a temperature over 100° should be sent to school.

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

Do not allow child to return to school until he has been free of fever for 24 hours.

COLD—SORE THROAT—COUGH

The *common cold* presents the most frequent problem to parents.

The child with a "*mild*" cold but otherwise feeling well may go to school.

A child with a "*heavy*" cold and a deep or hacking cough belongs home in bed even though he has no fever.

If your child complains of a 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.

RASH

A *rash* may be the first sign of one of childhood's many illnesses, such as measles or chicken pox.

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 it is safe to do so.

STOMACHACHE—VOMITING—DIARRHEA

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

If *vomiting* occurs, keep your child home until he can keep his food down.

A child with *diarrhea* should be kept home.

Call your doctor if prompt improvement does not occur.

PAIN

TOOTHACHE: Contact your dentist

EARACHE: Consult your physician

HEADACHE: A child whose only complaint is headache usually need not be kept at home.

IMMUNIZATIONS

Has your child been protected against contagious diseases? As a parent it is your responsibility to keep accurate records of your child's immunizations. You are required by state law to present these before your child may enter school.

More information about immunizations and immunization schedules can be obtained from your School Nurse or your local Health Department.

