



# HOW SICK IS TOO SICK?

## WHEN TO KEEP YOUR CHILD AT HOME FROM SCHOOL



Children need to be at school so they can learn. The best way to prevent the spread of infection is with proper, frequent hand washing. Encourage children to cough and sneeze into their elbows, not hands, and refrain from touching the eyes, nose and the mouth areas with hands.

If your child needs a doctor and/or health insurance, you may contact the School Nurse for information about options available in the Wichita area.

If your child will be absent from school, please call the school office.

When is a child too sick to be at school? Here are some tips for deciding:

Illness	Child needs to stay home?
<p><b><u>FEVER</u></b> A temperature of 100.4°F or greater</p>	<p><b><u>YES</u></b> Stay at home until 24 hours after the fever is gone without the use of medication that reduces the fever. (Tylenol/Acetaminophen, Motrin/Ibuprofen)</p>
<p><b><u>"FLU-LIKE" SYMPTOMS</u></b> Cough, headache, fatigue, body aches, vomiting and/or diarrhea with or without a fever</p>	<p><b><u>YES</u></b> Stay at home if the child is not feeling well enough to fully participate in regular school activities. Persons diagnosed with influenza/flu shall remain on home isolation for 5 days following onset of illness or until fever-free without fever reducing medication for 24 hours, <u>whichever is LONGER.</u></p>
<p><b><u>COLD SYMPTOMS</u></b> Stuffy nose with clear drainage, sneezing and occasional cough</p>	<p><b><u>NO</u></b> Child may come to school</p>
<p><b><u>DIARRHEA</u></b> Two or more loose or watery bowel movements compared to child's normal ones that are not caused by food, medicine or chronic health condition</p>	<p><b><u>YES</u></b> Stay home if child looks or acts sick; if child has diarrhea with fever and isn't acting normally; if child has diarrhea with vomiting. Stay at home until it has been 24 hours since the last diarrhea. Contact the doctor if diarrhea persists more than 24 hours with a fever.</p>
<p><b><u>VOMITING</u></b> Throwing up two or more times in the past 24 hours that is not related to chronic health condition</p>	<p><b><u>YES</u></b> Stay at home until the vomiting stops or the doctor says the illness is not contagious. Stay at home until it has been 24 hours since the last time the child has vomited. Contact the doctor if the child had a recent head injury and vomiting, or if child has vomiting, fever and severe belly pain.</p>
<p><b><u>COUGHING</u></b> Coughing due to respiratory illness Not related to asthma or allergies</p>	<p><b><u>YES</u></b> Stay at home if the child is unable to do regular school activities because the cough is frequent and uncontrolled. If the child is experiencing severe and uncontrolled coughing or wheezing, rapid breathing or having difficulty breathing, urgent medical attention is needed.</p>