



Summit County Public Health

1867 West Market Street Akron, Ohio 44313

Phone: (330) 923-4891 Toll-free: 1 (877) 687-0002 Fax: (330) 923-7558

www.scph.org

Is Your Child Too Sick for School?

Ask Yourself 3 Things: The American Academy of Pediatrics recommends you answer a few key questions.

- 1. Does your child have a fever? Fevers** of 101 F or more are generally a sign of illness, so children should stay home from school.
- 2. Is your child well enough to participate in class?** If they seem too run down to get much out of her lessons, keep them home.
- 3. Does she have an illness like the flu or pinkeye?** If you think they might, don't let them go back to school until you know they aren't contagious anymore.

When Your Child Is Sick: Here's what you need to keep an eye on:

Fever is a sign that your body is fighting the germs that are making you sick. It's a common symptom of infections like flu. If it's 101 F or higher, wait until your child is fever-free for at least 24 hours before sending her back to school.

Diarrhea happens because of an infection, food poisoning, or medications like antibiotics. It can lead to dehydration, so give her a lot of fluids to drink. Keep your child home until her stools are solid and your doctor gives the OK.

Vomiting is another way our bodies get rid of germs. It's usually caused by a stomach virus or infection. Keep your child at home if she has vomited twice or more in the last 24 hours. She can go back to school after her symptoms clear up or the doctor says she's no longer contagious.

Severe cough and cold symptoms should keep your child home. A serious cough could be a symptom of contagious conditions like whooping cough, viral bronchitis, or croup. It can also be a warning sign of asthma or allergies.

Sore throats can be a symptom of a common cold or strep. If she has a mild cold, she can go to school. If your child's been diagnosed with strep throat, keep her at home for at least 24 hours after she starts antibiotics.

Pinkeye (conjunctivitis) is contagious, and a child should stay home for the first 24 hours after treatment begins. Symptoms include eye redness, irritation, swelling, and pus.

Rashes can be a sign of contagious illnesses like chickenpox, bacterial meningitis, or impetigo (a skin infection). Keep your child home until she's been diagnosed. She can head back to the classroom after her symptoms are gone and the doctor gives the OK.