

## IS YOUR CHILD WELL ENOUGH TO ATTEND SCHOOL??

Please consider these MDH guidelines when deciding if your child is healthy enough to attend school....

### **Does your child have a fever??**

A child with a fever over 100 must be kept at home. Even in the absence of other symptoms, a fever is usually indicative of an infection, which could be contagious. Please do not give your child Tylenol or Ibuprofen to reduce the fever and then send to school. Your child will not feel well when the medicine wears off in 4 hours and they may be exposing other children in the school to that illness. If the fever is absent for 24 hours or more and your child feels well, he/she may return to school.

### **Does your child have a rash?**

Any rash that is undiagnosed needs to be examined by your health care provider before returning to school. If the rash is not contagious, your child may come back to school immediately. If contagious, please follow your provider's instructions as to when it is okay to return to school (a doctor's note is also appreciated). Normally, if the rash is not weeping (has crusted over) and can be covered, it is okay to be in school.

### **Has your child been vomiting or having diarrhea?**

Your child must stay at home until 24 hours after the vomiting and/or diarrhea has last occurred. Please remember to encourage good hand washing techniques to prevent the spreading of germs to other people.

### **Does your child feel well enough to learn?**

Sick children cannot function at their best, which can hinder their school performance. If sick, it is best for your child to stay home and become well rested, so he/she can return to school as healthy and as soon as possible. Sending sick kids to school can delay their healing process, resulting in more school days with decreased academic performance. If your child says he/she does not feel well, please use your best judgment in determining if school is the best place for them on that given day-You know your child better than we do! Common colds with coughs and runny/stuffy noses can linger for a week or two, so typically children with these symptoms should be in school if no fever is present.

**A general rule to consider for other illnesses:** If your child requires antibiotics to treat an illness, the child must be on the medication for a minimum of 24 hours before returning to school (this includes skin infections and pink eye). If you have questions or concerns about a specific situation, please contact the health office so we can assist you in making the best decision for your child!

For questions, call the school health office