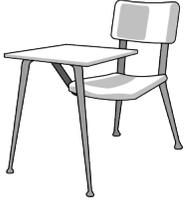
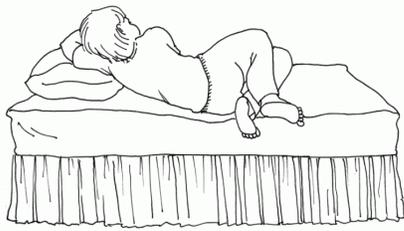


WHEN TO STAY HOME SICK FROM SCHOOL

(Adapted from original handout When to keep sick children home from school compiled by M. Johnson, Public Health Nurse 8/09)



Deciding to stay home sick from school is not always easy. How sick is TOO sick? Staying home sick may mean a family member misses work and it ALWAYS means that the student misses valuable classroom teaching & discussion time that can't be "made-up".



Staying home from school sick serves two important functions: 1) the student has time to rest and recover, and 2) the student's illness does not get spread to others.

Your School Nurse would like your family to use this guide to make the best decision about coming to school with symptoms of illness.

STEP 1: CHECK A TEMPERATURE



Use a thermometer (the back of a hand on a forehead is not a reliable method).

STEP 2: COMPARE THE SYMPTOMS TO THE CHART

If the decision is made to send the student to school, go on to Step 3. If the decision is made to keep the student home from school, please call the school number **793-4100** and excuse the absence. It is also helpful to let the Secretary know what the student is ill with (your School Nurse may be keeping track of the number of students with a particular illness in order to monitor for patterns of illness school-wide).

STEP 3: PROVIDE COMFORT MEDICATIONS AT HOME BEFORE YOUR STUDENT COMES TO SCHOOL

Tylenol, ibuprofen, cough medicine, decongestants etc are not generally available at school. Please do not send medication with your student for the day.

STEP 4: LEAVE A MESSAGE WITH YOUR SCHOOL NURSE IF YOU HAVE ADDITIONAL CONCERNS OR INSTRUCTIONS

Your School Nurse, **Melissa Ransom**, can be reached at **793-4100** or **melissaransom@rsu57.org**

STEP 5: BE SURE YOUR CONTACT INFORMATION IS UP-TO-DATE!

If your student feels worse and the School needs to call you for a dismissal, up-to-date contact information is vital. Please be sure that the emergency contact numbers that you provide have voice mail AND are checked regularly.

| SYMPTOM | SEND TO SCHOOL | STAY HOME |
|--------------------------------------|---|---|
| Fever | Less than 100 degrees (if you are checking within 6 hours of a dose of tylenol or ibuprofen, the temperature may not be accurate) | More than 100 degrees Keep home until the temperature is less than 100 degrees for 24 hours without the use of tylenol or ibuprofen |
| Cold Congestion Cough | No fever, mild symptoms, occasional cough, participating in regular activities at home | Deep, uncontrollable cough, increased fatigue or poor sleep due to symptoms |
| Stomachache | No fever, mild symptoms, able to eat and drink Menstrual cramps | Significant pain making it difficult to sit at a desk or concentrate |
| Diarrhea | No fever, not using the bathroom urgently (every 1-2 hours), sleeps through the night without bathroom use | Frequent, watery bowel-movements (difficult to control) |
| Vomiting | No fever, single episode, eating and drinking without difficulty | Cannot eat or drink, multiple episodes |
| Earache or Sore throat | No fever, mild symptoms, participating in regular activities at home | Significant pain making it difficult to concentrate, swallow, eat or drink. Reduced hearing |
| Headache | No fever, mild symptoms, participating in regular activities at home | Severe, does not respond to medication, accompanied by light sensitivity, accompanied by vomiting |
| Multi-Symptoms | Sometimes a child may complain of frequent vague illness. These complaints may be the PHYSICAL way that stress is expressed. Staying home will NOT improve these symptoms and they may continue to re-occur. To rule-out a medical issue, have the student seen by their doctor. Check with your School Nurse or Guidance Counselor to discuss strategies for stress-management. | See previous guidelines |