

Too sick to go to school?

One of the problems most often confronting parents of school-age 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 do you do? How do you make the right decision? You don't want to keep him home if he really isn't sick, but you also don't want to send a sick child to school.

The information herein is not intended as medical advice, but is merely designed to provide guidelines to be followed until your doctor can be contacted for his opinion. This should be done without delay.

Fever

* A fever is a warning that all 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 fever over 100F should be sent to school.

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

* Do not allow the 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.

* A child with a "heavy" cold and a 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 that it is safe to do so.

Stomachache/Vomiting/Diarrhea

* Consult your doctor if your child has a 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 at home.

* Call your doctor if prompt improvement does not occur.

Pain

* Toothache - Contact your dentist.

* Earache - Consult your doctor without delay.

* Headache - A child whose only complaint is headache usually need not be kept at home.

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.

Use your own good common sense and remember: Sick children belong at home. Well children belong in school.

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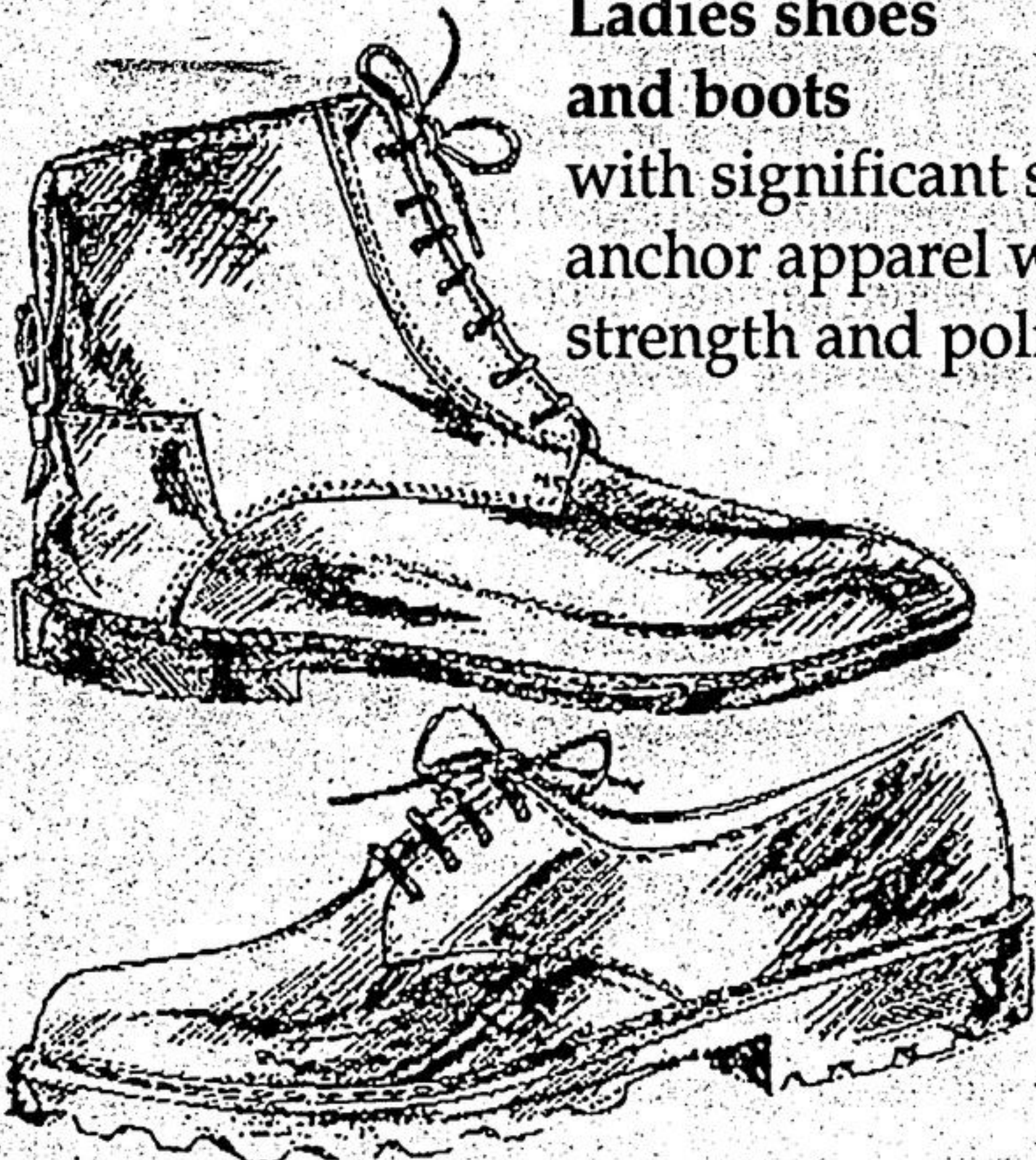
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