

INFORMATION FOR PARENTS

Knowing When to Keep a Sick Child Home from School

As a parent, there are undoubtedly times when you are unsure whether your child should go to school. You need to weigh what he or she will miss and any disruptions of your plans for the day with your child's diminished ability to learn and potential for transmitting germs to others. You also must decide when to seek medical care.

Below is a guide for when to seek immediate care and when to keep your child home.

STOP EVERYTHING AND SEEK EMERGENCY MEDICAL CARE

- Sudden onset of fever with vomiting, intense headache, and stiffness of the neck. If a red rash appears that looks like broken blood vessels or bruises, the situation could be critical.
- Rapid or shallow breathing or such difficulty in breathing that the nail beds and inside of the mouth become bluish
- Paralysis, coma, numbness
- Severe abdominal pain and bloody diarrhea
- Dark or bloody urine
- Loss of vision, double-vision or blurred vision

KEEP HOME FROM SCHOOL; SEEK MEDICAL ADVICE or CARE

- Temperature over 100 degrees
- Vomiting that persists more than 1 day
- Diarrhea that lasts more than 1 day with cramping
- Blister-like lesions, especially if they develop crusted sores with irregular outlines
- Swelling of glands in front of and below the ears and/or tenderness of the glands in the mouth
- Coughing that is repeated and violent, that lasts for weeks and is often accompanied by thick mucus and vomiting after coughing
- Neck stiffness
- Skin rash with fluid filled bumps or that spreads from the face area to the trunk and limbs
- White spots inside the mouth or back of the throat
- A sore throat in which swallowing hurts
- Yellowing of the skin and whites of the eyes

KEEP HOME FROM SCHOOL; Seek medical advice if persists or gets worse (these can be due to viral infections for which only time and rest provide a cure).

- Diarrhea
- Vomiting
- Fever, headache, muscle aches, fatigue, then congestion, cough and runny nose
- Runny nose, watery eyes, sneezing, with or without sore throat or cough that is very runny and prevents the person from sleeping well at night
- If you are in doubt, you can always call your medical doctor's office and speak to a nurse describing your child's symptoms.