

## **When Is Your Child Too Sick for School?**

Sometimes it can be difficult to know when to keep your child home from school due to an illness.

Just remember this: “Healthy children equal healthy classrooms,” says Linda Ly, Pharm.D., clinical pharmacist for PacifiCare in California. “When sick children go to school. They can infect other children, making it hard for everyone to learn.”

The following is a checklist created to help parents. If you answer “yes” to any of the following questions, your child is too ill to go to school. Always consult your child’s doctor if you are not sure.

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

A fever often means your child is fighting an infection. He should stay home until his temperature is normal for 24 hours without the use of acetaminophen, such as Tylenol, or a similar medicine. A normal temperature is 98.6 degrees Fahrenheit by mouth. Do not give children medicine to reduce a fever and then send them to school.

### **Could your child spread an infection?**

Your child could make other children sick if he has:

- Sores with pus, a yellowish-white fluid
- A productive cough or runny nose with green/yellow discharge
- Discharge from his eyes

### **Has your child recently vomited or had diarrhea?**

Children with tummy aches should rest at home until they can eat a regular diet for 24 hours.

### **Does your child look or act sick?**

Are his lips and face pale? Are his eyes dull or glassy looking? Does he drag himself around the house? If your child is not himself, keep him home.

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