

EVERY SCHOOL DAY IS AN IMPORTANT LEARNING OPPORTUNITY



Going to school every day will help your child do well and *graduate high school on time*. The following are tips so your child doesn't miss out:

Don't make others sick

- Make sure your child gets the flu vaccine.
- See the back of this sheet to help determine if your child should go to school when he/she is sick.

Listen to the nurse

School nurses are trained to understand symptoms of being sick. If you have questions about when your child should stay home, contact your school nurse.

Appointment times matter

Schedule medical appointments outside of school hours as much as possible.

Keep your child safe

If your child is depressed, being bullied or is scared to go to school, contact your school counselor or nurse for help.

WHEN IS SICK TOO SICK



FOR SCHOOL?

SEND ME TO SCHOOL IF...

- I have a runny nose or just a little cough, but no other symptoms.
- I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.
- I haven't thrown up or had any diarrhea for 24 hours.

KEEP ME AT HOME IF...

- I have a temperature higher than 100 degrees even after taking medicine.
- I'm throwing up or have diarrhea.
- My eyes are pink and crusty.

CALL THE DOCTOR IF...

- I have a temperature higher than 100 degrees for more than two days.
- I've been throwing up or have diarrhea for more than two days.
- I've had the sniffles for more than a week and they aren't getting better.
- I have asthma symptoms after using my asthma medicine. (call 911 if I'm having trouble breathing after using an inhaler)