

WHEN SHOULD I SEND MY CHILD TO SCHOOL?

Illness & Symptoms	Should my Child Go To School?
Parent or other family member is sick, stressed, and/or hospitalized.	YES If you are sick, your child still needs to attend school.
Chronic Diseases (Asthma, Diabetes, Sickle Cell, etc.) A long lasting condition that can be controlled, but not cured	YES School personnel are trained to assist your child with his/her chronic disease and associated needs. Talk to your school nurse.
Child Doesn't Want to Go To School Frequent crying, fear, anger, stomach ache , nausea (These can be signs of depression, anxiety or fear)	YES Talk to school personnel and consult a health care provider to help determine the cause . Your child may be experiencing bullying or trauma, may be behind in his/her school work, or not getting along with others. These and other issues may require attention from you and the school.
Cold Symptoms Stuffy nose, runny nose, sneezing, mild cough	YES If your child is able to participate in school activities, then he or she should go to school. Most children with cold symptoms attend school.
Conjunctivitis (Pink Eye) The white of the eye is pink.	NO Your child should be evaluated by a health care provider. If determined to be bacterial, student may return to school 24 hours after first dose of antibiotic eye drops has been administered.
Head Lice Intense Itching of the head, may feel like something is moving.	YES Your child can be in school. He/she should begin treatment with lice killing shampoo ASAP.
Strains, Sprains, and Pains	YES If there is no known injury and your child is able to function (walk, talk, eat) her/she should be in school. If pain is severe or persists, consult a health care provider.
Menstrual Issues	YES Most of the time menstrual (period) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult a health care provider.
Fever Body temperature of 100 degrees or higher. Other symptoms may include behavior change, rash, sore throat, vomiting, etc.	NO If your child has a fever of 100 degrees or higher, keep them home until it is below 100 for 24 hours without the use of fever reducing medication. If the fever does not go away for 2-3 days OR is 102+, you should consult a health care provider.
Diarrhea Frequent, loose or watery stool may mean illness, but can also be caused by food and medication.	NO If stool is bloody, if the child has abdominal pain, fever, and/or vomiting, you should consult a health care provider.
Vomiting Child has vomited 2 or more times in a 24 hour period	NO Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a health care provider.
Coughing Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing	NO Keep your child at home & contract a health care provider. If symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled, send your child to school.
Rash with Fever	NO If rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and consult a health care provider.
Sore Throat With fever, stomach ache, and red, swollen tonsils	NO Keep your child at home and contact a health care provider.

This information is based upon recommended guidelines from reliable sources including the Centers for Disease Control (CDC), American Academy of Pediatrics, and Public Health Association. It has been adapted with permission from the Alameda County California District Attorney's Office.