

Should I Send My Child To School Today*

No one wants their child to miss school but we all recognize we must be considerate of the other children in our class. Below are guidelines that will help you determine whether to keep your child home. (Children usually will recuperate sooner when allowed to rest at home.) We hope that by adhering to these guidelines we will prevent the “sharing” of illnesses with classmates.

Stomachache/Vomiting/Diarrhea

Please keep your child at home:

- if your child has a stomachache that lasts longer than 4 hours or is severe enough to limit activity.
- for 24 hours after vomiting and fever (if present) and until your child can keep food down.
- for at least 24 hours after diarrhea has stopped.

Fever

- Please keep your child at home until he or she has been free of fever for 24 hours.

Rash

- A rash may be the first sign of one of childhood’s many illnesses. Please do not bring your child with a rash to class until your doctor has said it is safe to do so.

Common Cold

- A cold presents the most frequent problem to parents. If your child has a “heavy” cold and hacking cough he/she should be kept at home (even when there is no fever).

Sore Throat

- Please keep your child home if the back of his/her throat looks red and/or if white spots are present, if your child has swollen glands or if a fever is present.

Thank you!

*adapted for “Should I Send My Child to CBS?”, Herndon, VA