



Dear Parents,

Cold and flu season is upon us. Deciding when to keep a child home can be a straight forward decision or can cause you much angst. The following guidelines will help you decide whether your child is too ill to go to school.

Child Is Too Ill

Your child is too ill to go to school if he or she has any of these signs:

- Seems very tired or needs bed rest
- Has vomiting or diarrhea
- Becomes short of breath or is wheezing
- Has a cough that disrupts normal activity
- Has distracting pain from earache, headache, sore throat or recent injury
- Has yellow or green drainage from eye(s) or nose
- Has a spreading rash
- Temperature above 100.4
- Any stomachache associated with vomiting, diarrhea or fever

Child Can Return to School

- When he is fever free for 24 hours without medication
- Children with strep throat should be on antibiotics for 24 hours and feel well enough to concentrate.
- Has not vomited or had diarrhea for 24 hours

As always please contact me with any questions or concerns. Thank you for your help in keeping our school healthy.

Rose Trogele BSN. RN.

