

ILLNESS, COMMUNICABLE DISEASE & SCHOOL ATTENDANCE

When Should Your Child Stay Home From School?

Any student exhibiting the following should not attend school:

- fever
- vomiting
- suspected Strep
- drainage from the eyes
- diarrhea
- rash with fever
- suspected chicken pox or other suspicious skin lesion

During flu season, if your child has the following symptoms, you should suspect that it is the flu:

- fever
- sore throat
- cough

The following are guidelines to help you care for your child if he/she exhibits flu-like symptoms:

- Children over 4 years and adults should be kept at home from school or work until they have not had a temperature for 24 hours without the use of fever reducing medication. Children under 5 years should be kept home for seven (7) days or until they have not had a temperature for 24 hours, whichever is longer.
- Manage their symptoms at home by following these recommendations:
 - ▶ Drink plenty of fluids
 - ▶ Get plenty of rest
 - ▶ Use fever reducing medications such as Tylenol or Ibuprofen.
 - ▶ **DO NOT GIVE ASPIRIN.**
- Some indications your child may need additional medical attention includes, but is not limited to, the following:
 - ▶ Fast or troubled breathing
 - ▶ Bluish or gray color
 - ▶ Not drinking enough fluids
 - ▶ Severe or persistent vomiting
 - ▶ Flu symptoms improve but then return with fever and cough
- Students diagnosed or suspected to have any of the following communicable diseases should be excluded from the school setting until treatment has been started:
 - ▶ Impetigo
 - ▶ Ringworm
 - ▶ Scabies
 - ▶ Conjunctivitis

**For more information contact your child's physician
or the Mercer County Health Department**

