

## Is My Child Too Sick to Attend School?

SYMPTOMS	COULD BE...	SHOULD MY CHILD ATTEND SCHOOL?	SHOULD WE SEE A DOCTOR?	WHEN CAN MY CHILD RETURN TO SCHOOL?
High temperature or fever/chills (over 37.5° C orally)	<ul style="list-style-type: none"> <li>• Strep Throat (usually very painful)</li> <li>• Chicken Pox</li> <li>• Measles</li> </ul>	No	Yes, if fever lasts longer than 3 days or cannot be controlled with acetaminophen or ibuprofen., or if Measles is suspected.	Once the child is fever-free for at least 1 day.  Physician to advise if treatment is required.
Rashes  (Rashes have many different causes and some are very contagious. Usually a doctor must see the rash and testing may be required.)	<ul style="list-style-type: none"> <li>• Allergic reaction, insect bite, heat rash</li> <li>• Fifth's Disease/Parvovirus B19</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Scarlet Fever/Strep Throat</li> <li>• Impetigo</li> <li>• Chicken pox/Shingles</li> <li>• Hand, Foot and Mouth virus</li> <li>• Scabies</li> <li>• Measles</li> </ul>	Yes, if allergic reaction, heat rash, insect bite, fifth's disease or treated scabies	Yes unless you are sure it is an allergic reaction or heat rash. <b>Phone the physician's office before you go to prevent spread</b>	Physician to advise if treatment is required.  If antibiotics are prescribed for Impetigo or Strep infections, can return to school 24 hours following the start of treatment.  Chicken pox /when feeling well enough to attend.  Shingles / if lesions are covered.
Vomiting or Diarrhea	<ul style="list-style-type: none"> <li>• Upset Stomach (caused by bacteria, virus or the toxins they produce)</li> <li>• Gastroenteritis</li> <li>• Norovirus</li> </ul>	No	Yes, if the child : <ul style="list-style-type: none"> <li>• is unable to keep any fluids down for 24 hours</li> <li>• is dehydrated</li> <li>• has blood in stool</li> </ul>	Not until it's been at least 2 days since the last episode of vomiting or diarrhea

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Headache	<ul style="list-style-type: none"> <li>Upset/Stressed</li> <li>Tired</li> <li>Dehydrated</li> <li>Onset of an Illness</li> <li>Injury</li> </ul>	Yes, if the headache is mild	Yes, if headache is severe or accompanied by a stiff neck, or symptoms continue even with treatment; or a change is noted in the child's normal behavior (ie: sleepy)	When the child is well and able to manage school activities
Cough Minor Cold Runny Nose Minor Sore Throat	<ul style="list-style-type: none"> <li>Seasonal cold</li> <li>Influenza ( a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches.)</li> </ul>	Yes, if the child is eating, sleeping and playing normally  No, if it is influenza (A very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches.)	Yes if there is a fever lasting longer than 24 hours or breathing becomes difficult.	When the child is well and able to manage school activities
Redness in the white part of the eye or along eye lids Itching or pain in eye Watering eyes (tearing) Discharge from the eye	<ul style="list-style-type: none"> <li>Pinkeye (Conjunctivitis)</li> </ul>	No	Yes, if discharge is seen from the eye(s).	If antibiotics drops are prescribed for pinkeye, can return to school 24 hours after the antibiotic was started.

- Immunizations and frequent handwashing will help prevent many of these common childhood illnesses.
- Inform your school about the symptoms your child is experiencing when you call to inform them about the absence.
- See “Guide to Communicable Diseases” for information about these and other communicable diseases at:  
[http://www.rqhealth.ca/diy-pubhealth/pdf\\_files/ceac-5011.pdf](http://www.rqhealth.ca/diy-pubhealth/pdf_files/ceac-5011.pdf).
- Contact a Public Health Nurse at (306) 766-7790 Mon-Fri. from 8 a.m. to 4:30 p.m. or call the 24-hour HEALTHLINE by dialing 811.