

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?
<ul style="list-style-type: none"> High temperature or fever/chills (over 37.5° C orally) 	<ul style="list-style-type: none"> Strep Throat (usually very painful) Chicken Pox Measles 	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.
<ul style="list-style-type: none"> 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"> Allergic reaction, insect bite, heat rash Fifth's Disease/Parvovirus B19 <hr/> <ul style="list-style-type: none"> Scarlet Fever/Strep Throat Impetigo Chicken Pox/Shingles Hand, Foot and Mouth virus Scabies Measles 	Yes, if allergic reaction, heat rash, insect bite, Fifth's Disease or treated scabies No	Yes, unless you are sure it is an allergic reaction or heat rash. Phone the physician's office before you go to prevent spreading.	Physician to advise if treatment is required. If antibiotics are prescribed for Impetigo or Strep infections, child can return to school 24 hours following the start of treatment. Chicken Pox - when feeling well enough to attend. Shingles - if lesions are covered.
<ul style="list-style-type: none"> Vomiting Diarrhea 	<ul style="list-style-type: none"> Upset stomach (caused by bacteria, virus or the toxins they produce) Gastroenteritis Norovirus 	No	Yes, if the child : <ul style="list-style-type: none"> is unable to keep any fluids down for 24 hours is dehydrated has blood in stool. 	Not until it's been at least 2 days since the last episode of vomiting or diarrhea.

Symptoms	Could be...	Should my child attend school?	Should we see a doctor?	When can my child return to school?
<ul style="list-style-type: none"> Headache 	<ul style="list-style-type: none"> Upset/Stressed Tired Dehydrated Onset of an illness Injury 	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 (i.e.: sleepy).	When the child is well and able to manage school activities.
<ul style="list-style-type: none"> Cough Minor Cold Runny Nose Minor Sore Throat 	<ul style="list-style-type: none"> Seasonal cold Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches.) 	Yes, if the child is eating, sleeping and playing normally. No, if it is Influenza.	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.
<ul style="list-style-type: none"> Redness in the white part of the eye or along eye lids. Itching or pain in eye Watering eye (tearing) Discharge from the eye 	<ul style="list-style-type: none"> Pinkeye (Conjunctivitis) 	No	Yes, if discharge is seen from the eye.	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/rqhr-central/files/5011.pdf>.
- Contact a Public Health Nurse at (306) 766-7790 Mon-Fri. from 8:00 a.m. to 4:30 p.m. or call the 24-hour HEALTHLINE by dialling 811.

For 24-hour professional health advice and information, call:

