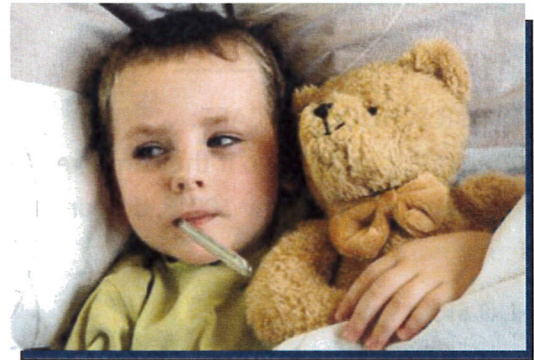


Why I Need to Tell the School When My Child is Sick

By keeping your child home and letting your school know your child is sick, we become more capable of detecting a rise of sickness in the school.

How to Report the Reason My Child is Missing School

If your child is sick, it is of great value to tell the school all signs of illness. If your child has a cough or fever, please report those as such. If they have more than one symptom, please report all of them.



Stop the Spread of Germs

- If your child has signs of flu (see chart below), take your child to the doctor
- Keep your child home for 24 hours after their fever is gone without the use of fever lowering medicine (such as Tylenol or Advil)
- Stay away from sick people
- Cover your mouth and nose with a tissue when you cough or sneeze, use your elbow if you don't have a tissue
- Get plenty of rest and drink plenty of fluids

You may be contagious (can spread the illness to others) up to 7 days after the start of your symptoms.

Symptom Guide for Colds, Flu and "Tummy Flu"

Symptom	Cold	Flu (Influenza)	"Tummy Flu" (Gastrointestinal)
Fever	Rare	Usual; high (100-102°F)	Rare
Headache	Rare	Common	Rare
General aches/pains	Slight	Usual; often severe	Sometimes
Fatigue/weakness	Sometimes	Usual; up to 2-3 weeks	Sometimes
Extreme Exhaustion	Never	Usual; at beginning	Rare
Stuffy Nose	Common	Sometimes	Rare
Sneezing	Usual	Sometimes	Rare
Sore Throat	Common	Sometimes	Rare
Chest discomfort/cough	Mild-moderate	Common; can be severe	Rare
Vomiting/Nausea	Rare	Rare	Common
Stomach ache/pain	Rare	Rare	Common
Diarrhea	Rare	Rare	Common; defined as more than 6 stools in 24 hour period



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When to Keep Your Child Home

Fever



OK FOR SCHOOL/DAYCARE:

Your child is good to go if they are over 4 months old, have a fever below 100°F, drinking liquids and acting normal.



TOO SICK:

- * If your child is 4 months old or younger, call the doctor at the slightest sign of fever or sudden change in your child's action; NO DAYCARE!
- * Older children should stay home if their fever is above 100°F.

Keep home until they have been fever-free for 24 hours without the use of fever-lowering medicine and are acting normal.

Sore Throat



OK FOR SCHOOL/DAYCARE:

A sore throat with a runny nose is often due to swelling; send to school if fever-free.



TOO SICK:

If the achy throat comes with swollen glands, a

Red Eye



OK FOR SCHOOL/DAYCARE:

When the white part of the child's eye is only a little pink and the oozing is clear and watery, they likely have allergies.



TOO SICK:

If the eye is stuck shut, bright red, and/or the oozing is yellow or green. This is symptoms of a catching germ form of pinkeye. The child should stay home until they have been on medicine that fight the germ for 24 hours.

Diarrhea



OK FOR SCHOOL/DAYCARE:

Your child is acting normal and their stools are only slightly loose.



TOO SICK:

Children who have more than 3 loose stools in 24 hours. If you see blood or mucus in the stools, call the doctor.

Throwing Up



OK FOR SCHOOL/DAYCARE:

If they have thrown up 1 time in 24 hours. Some kids throw up because of mucus draining from a cold.



TOO SICK:

If your child has thrown up two or more times in 24 hours, keep them home. Give them small amounts of liquid often. If they still throw up after 3 days, or anytime it becomes more often, call the doctor.

Tummy Pain



OK FOR SCHOOL/DAYCARE:

If this is your child's only sign of sickness and they are active, send them to school.



TOO SICK:

Any tummy pain associated with throwing up, loose stools, fever or a change in the child's activity level.



Public Health
Prevent. Promote. Protect.