

## WHEN ARE CHILDREN “TOO ILL” FOR SCHOOL?

*When we consider when to send a child home, we utilize the guidelines published by the Student Attendance Review Board (SARB). Our staff follows the “Four B’s”:*



**Burning** (fever over 100 degrees)

**Barfing** (can be vomiting or diarrhea)

**Broken** (severe injury- strain or possible fracture)

**Bleeding** (that cannot be easily addressed with first aid, may require sutures)

### **TOO SICK FOR SCHOOL?** Considering whether to keep them home?

**Fever:** A common symptom of viral infection-if temperature is over 100, keep them at home until 24 hours fever free.

**Diarrhea or Vomiting:** Keep at home until illness appears to be over (24 hours after last episode without medicine).

**Mild Cough, Runny Nose or Congestion:** If there's no fever and the child feels fairly good, school is fine.

**Bad Cough:** Children with bad coughs may need evaluation for bronchitis or other concern. When the cough *improves* and the child is *feeling better*, then it's back to school. A cough can take a week or longer to resolve!

**Sore Throat:** A severe sore throat could be strep even without fever. Symptoms are headache, stomach pain and patches in the throat. If present, contact a doctor. Strep requires antibiotics 24 hours before they come back to school.

**Earache:** The recommendation is to consult or visit the pediatrician or other health provider to rule out infection.

**Pink Eye** (Conjunctivitis): There are three types, pink eye can be highly contagious and caused by allergies, a virus, or a bacteria. Bacterial conjunctivitis will require an antibiotic; your doctor should be able to treat and release to school.

**Rash:** Children with a skin rash should see a doctor, as this could be one of several infectious diseases.

**MEDICATIONS:** *Don't forget that ALL medications at school whether prescription or Over-The-Counter (OTC) require a physician's order and a medication permission form can be obtained at each school or our district webpage:*

**COLD versus FLU:** The winter brings cold or flu, respiratory illnesses that lead to many absences. The CDC states influenza tends to be much more severe and worrisome. The chart below can help you determine cold versus flu. Flu treated in the first 24 hours has better outcomes and you should contact your pediatrician.

ONLINE RESOURCE: <http://www.cdc.gov/flu/about/qa/coldflu.htm>

**LOCAL FLU SHOT CLINIC INFORMATION:** [https://www.edc.gov.us/Government/PublicHealth/Press\\_Releases/2013/Low-Cost\\_Community\\_Flu\\_Clinics\\_Announced\\_in\\_El\\_Dorado\\_County.aspx](https://www.edc.gov.us/Government/PublicHealth/Press_Releases/2013/Low-Cost_Community_Flu_Clinics_Announced_in_El_Dorado_County.aspx)

Symptoms	Cold	Flu
Fever	Rare	Typically high, over 100 and lasting from 3-4 days.
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to two to three weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort/Cough	Hacking cough	Common; can become severe
Complications	Congestion, earache	Bronchitis, pneumonia; can be life-threatening
Prevention	Good hygiene	Annual flu shot or FluMist.
Treatment	Temporary relief of symptoms, i.e. OTC medications.	Antiviral medications (Tamiflu or Relenza) within 24-48 hours of onset, encourage fluids and rest, contact a physician if symptoms are severe.

***A good way to prevent flu is to obtain a vaccine. It may not be too late – check with your primary care provider today!  
Another way to stay healthy is to ensure you practice good hand washing – review this with your children OFTEN!!!  
Brought to you by your district nurses Tristan & Sandy – Healthy Children Learn Better!!!***