

# Woburn Public Schools

## Health Services

### Too Sick for School?



A sick child cannot learn effectively and is unable to participate in classes in a meaningful way. Keeping a sick child home prevents the spread of illness in the school community and allows the child opportunity to rest and recover.

**General guidelines to help parents decide when to keep their child home from school.**

#### **Fever**

- Generally speaking, an increased temperature is an indication of an infection. Keep your child home if he/she has a fever of 100.0F or above. Your child should not return to school until he/she is fever free without taking any antipyretics (fever-reducing medication, such as Tylenol or Advil) for 24 hours.

#### **Vomiting**

- If your child vomits just once, it may be caused by something other than an intestinal illness - perhaps nerves or too much jumping around. If your child vomits more than once, keep him/her home for at least 24 hours after the last episode of vomiting.

#### **Diarrhea**

- As with vomiting, keep your child home for 24 hours after the last episode of loose stools.

#### **Cold Symptoms**

- Sending your child to school with mild cold symptoms without a fever is perfectly acceptable. However, a persistent cough and/or a continuous runny nose with thick secretions may be symptoms of something more than just a common cold, particularly if your child also has a fever. If this is the case, we encourage you to seek advice from your pediatrician before sending your child to school.

#### **Infection**

- If your child has been diagnosed with an infection that requires antibiotics he/she should not return to school for at least 24 hours after starting the medication.

#### **Rash**

- A rash of unknown origin should be checked by the pediatrician before your child comes to school.