

# 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"> <li>• High temperature or fever/chills (over 37.5° C orally)</li> </ul>	<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.	<p>Once the child is fever-free for at least 1 day.</p> <p>Physician to advise if treatment is required.</p>
<ul style="list-style-type: none"> <li>• Rashes</li> </ul> <p>(Rashes have many different causes and some are very contagious. Usually a doctor must see the rash and testing may be required.)</p>	<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>	<p>Yes, if allergic reaction, heat rash, insect bite, Fifth's Disease or treated scabies</p> <hr/> <p>No</p>	<p>Yes, unless you are sure it is an allergic reaction or heat rash.</p> <p><b>Phone the physician's office before you go to prevent spreading.</b></p>	<p>Physician to advise if treatment is required.</p> <p>If antibiotics are prescribed for Impetigo or Strep infections, child can return to school 24 hours following the start of treatment.</p> <p>Chicken Pox - when feeling well enough to attend.</p> <p>Shingles - if lesions are covered.</p>
<ul style="list-style-type: none"> <li>• Vomiting</li> <li>• Diarrhea</li> </ul>	<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	<p>Yes, if the child :</p> <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.

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"> <li>• Headache</li> </ul>	<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 (i.e.: sleepy).	When the child is well and able to manage school activities.
<ul style="list-style-type: none"> <li>• Cough</li> <li>• Minor Cold</li> <li>• Runny Nose</li> <li>• Minor Sore Throat</li> </ul>	<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.	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"> <li>• Redness in the white part of the eye or along eye lids.</li> <li>• Itching or pain in eye</li> <li>• Watering eye (tearing)</li> <li>• Discharge from the eye</li> </ul>	<ul style="list-style-type: none"> <li>• Pinkeye (Conjunctivitis)</li> </ul>	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:

