## 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?
• High temperature or fever/chills (over 37.5º C orally)	<ul><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.	Once the child is fever-free for at least 1 day. Physician to advise if treatment is required.
Rashes (Rashes have many different causes and some are very contagious. Usually a doctor must see the rash and testing may be required.)	Allergic reaction, insect bite, heat rash Fifth's Disease/Parvovirus B19 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><li>Vomiting</li><li>Diarrhea</li></ul>	<ul> <li>Upset stomach (caused by bacteria, virus or the toxins they produce)</li> <li>Gastroenteritis</li> <li>Norovirus</li> </ul>	No	Yes, if the child:  • 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.



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Could be  Should my child  attend school?  Pes, if the headache is yes, if headache is severe or nild.  Pes, if the headache is yes, if headache is severe or nild.  Pes, if the headache is yes, if headache is severe or nild.  Yes, if headache is yes, if headache is severe or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e.: sleepy).  Seasonal cold Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches.)  Pinkeye (Conjunctivitis)  No  Should we see a doctor?  Yes, if headache is yes, if headache is severe or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e.: sleepy).  Yes, if the headache is yes, if headache is severe or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e.: sleepy).  Yes, if there is a fever lasting longer than 24 hours or breathing becomes in the nose, throat and lungs and difficult.  Yes, if discharge is seen from the for the formation of the					<ul> <li>Watering eye</li> </ul>
Could be  Should my child  attend school?  Plinkeye (Conjunctivitis)  Attend school?  Should we see a doctor?  Attend school?  Yes, if the headache is severe or mild.  Yes, if the 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).  Yes, if the child is treatment; or a change is noted in the child's normal behavior (i.e.: sleepy).  Yes, if there is a fever lasting longer than 24 hours or breathing becomes difficult.  Yes, if discharge is seen from the eye.	24 hours after the antibiotic was started.				along eye lids.
Could be  Should my child  attend school?  Pes, if the headache is veere 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).  Seasonal cold Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches.)  Should we see a doctor?  Yes, if the headache is veer, 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).  Yes, if there is a fever lasting longer than 24 hours or breathing becomes difficult.	If antibiotics drops are prescribed for pinkeye, can return to school	if discharge	N <sub>o</sub>	<ul> <li>Pinkeye (Conjunctivitis)</li> </ul>	<ul> <li>Redness in the white part of the eye or</li> </ul>
Could be  Should my child attend school?  Upset/Stressed Tired Dehydrated Onset of an illness Injury  Seasonal cold Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever,  Should my child attend school?  Yes, if the headache is yes, if headache is severe or mild.  Yes, if the headache is yes, if headache is severe or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e.: sleepy).  Yes, if the readache is yes, if the child is the child's normal behavior (i.e.: sleepy).  Yes, if there is a fever lasting longer than 24 hours or breathing becomes difficult.				weakness and severe aches.)	
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Could be  Opset/Stressed Dehydrated Onset of an illness Injury  Should my child attend school?  Yes, if the headache is companied by a stiff neck, or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e.: sleepy).  Seasonal cold Influenza (a very contagious eating, sleeping and eating, sleeping and stream at than 24 hours or breathing becomes		difficult.	playing normally.	viral infection that attacks	<ul> <li>Runny Nose</li> </ul>
Could be  Opset/Stressed Tired Dehydrated Onset of an illness Injury  Should my child attend school?  Yes, if the headache is 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).  Seasonal cold  Yes, if the child is Yes, if there is a fever lasting longer	manage school activities.	than 24 hours or breathing becomes	eating, sleeping and	Influenza (a very contagious	Minor Cold
Could be  Opset/Stressed Dehydrated Onset of an illness Injury  Should my child  Attend school?  Yes, if the headache is reatment; or a change is noted in the child's normal behavior (i.e.: sleepy).	When the child is well and able to	Yes, if there is a fever lasting longer	Yes, if the child is	Seasonal cold	Cough
<ul> <li>Could be</li> <li>Upset/Stressed</li> <li>Tired</li> <li>Dehydrated</li> <li>Onset of an illness</li> <li>Should my child</li> <li>Yes, if the headache is accompanied by a stiff neck, or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e.:</li> </ul>		sleepy).		пјигу	
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Could be      Opset/Stressed     Tired      Could be      Should my child      attend school?      Yes, if the headache is accompanied by a stiff neck, or      accompanied by a stiff neck, or		symptoms continue even with		Dehydrated	
Could be Should my child attend school?  • Upset/Stressed  Yes, if the headache is Yes, if headache is severe or	manage school activities.	accompanied by a stiff neck, or	mild.	Tired	
Could be Should my child Should we see a doctor?  attend school?	When the child is well and able to		Yes, if the headache is	Upset/Stressed	Headache
Could be Should my child Should we see a doctor?	school?		attend school?		
	When can my child return to	Should we see a doctor?	Should my child	Could be	Symptoms

- 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.rghealth.ca/rghr-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:

Saskatchewan

Health Authority

