



SCHOOL: TO GO OR NOT TO GO?

MAKE A GAME PLAN FOR COLD AND FLU SEASON

Early in the morning, it is often difficult to make a decision about whether or not your child should stay home from school. With minor symptoms, you often cannot tell whether it is going to get better or worse during the course of the day.

THE MAIN REASONS FOR KEEPING YOUR CHILD HOME ARE:

- if they are too sick to be comfortable at school and
- if they might spread a contagious disease to other children.

AS A RULE OF THUMB, A CHILD SHOULD STAY HOME IF THERE IS:

- a fever over 100° F,
- vomiting (especially more than twice),
- diarrhea,
- a very frequent cough,
- persistent pain (ear, stomach, etc.), or
- a widespread rash.

Most of these problems need to be discussed with your child's health care provider to determine if an office visit is needed.

