



How Sick is too Sick For School!!!!

Has your child ever woke up with a runny nose and a sore throat? Have you ever wondered if they are too sick to go to school?

A child definitely should be kept home when he or she:

1. is vomiting
2. has temperature higher than 100 F
3. is coughing constantly
4. has difficulty breathing
5. has diarrhea
6. has abdominal pain lasting more than 2 hours
7. has a severe sore throat
8. has an unexplained skin rash
9. has unexplained red eyes
10. has lice or scabies
11. shows symptoms of a contagious disease

Children with colds can go to school unless their symptoms prevent the child from participating in normal activities. A

cold is most contagious very early in an illness even before a symptom appears.