



# Seattle Public Schools

## Is My Child Too Sick To Go To School? A Guide for Parents

**APPEARANCE/ BEHAVIOR**– unusually tired, pale, no appetite, hard to wake, or confused.

**EYES**– If there is drainage, vision change, and/or redness of the eyelid, itching, pain or sensitivity to light. This may be a sign of “pink eye” (conjunctivitis) and the student should be checked by a health care provider.



**FEVER**– temperature of 100 degrees Fahrenheit (38 degrees C) or higher. Students need to be fever free for 24 hours before returning to school **WITHOUT** medications to reduce the fever.

**BAD COLD AND/OR COUGH** – Students need to be able to cover their cough to be at school. If a cough or cold persists for more than 2 weeks, the student may need to be seen by a health care provider.

**DIARRHEA**– 2 or more watery stools in 24 hours, especially if the student acts or looks ill. Students should stay home for 24 hours after the last watery stool.

**VOMITING**– vomiting 2 or more times in 24 hours. Student should stay home for 24 hours after the last time they vomited.

**RASH**– Botherome body rash, especially with fever or itching. Some rashes may spread to others and should be checked by a health care provider.

**INJURY/SURGERY** – if students are unable to concentrate due to pain or pain medication, they should stay home. Please have your health care provider contact the school nurse to help your child safely return to school. Letting the school nurse know in advance of any planned surgery will be helpful.



**STILL HAVE QUESTIONS** about whether or not your student is healthy enough to come to school? Contact the school nurse or your child’s health care provider.

**Keeping ill students at home, encouraging frequent hand washing, and covering coughs protects everyone, including those with fragile immune systems.**

**Students are expected to participate in all parts of the school day including recess or PE. If your doctor has restricted activity please send a doctor’s note, for example: “No contact sports x 1 week.”**

**Thank you for your support to keep students safe & healthy.**