

Too Sick for School?

It's often hard for parents to decide if their child is too sick to go to school or daycare.

Your pediatrician's advice or the school's rules should be your first consideration. If you answer yes to any of these questions, you may need to keep your child home.



Considerations for keeping your child at home:

- If your child has a temperature (oral or rectal) of 100.5 degrees or more during the past four hours
- If your child has persistent heavy nasal discharge
- If your child has a persistent heavy cough
- If your child has skin eruptions or an undiagnosed rash
- If your child has redness of the eyelid linings or an irritation of the eyes followed by swelling or discharge
- If your child is vomiting
- If your child has difficult or rapid breathing
- If your child has diarrhea (more than one abnormally loose stool in a 24-hour period)
- If your child is unusually fussy, cranky, not "acting like himself" and you don't know why
- If the child has a communicable condition, such as chicken pox, conjunctivitis, German measles, measles, mumps, strep throat, etc.



Consider allowing your child to return to school:

- If the child's cold has subsided
- If your child has been without a fever for 24 hours without medication
- If your child has a doctor's note saying he is not contagious and is fever-free
- If your child is safely past the incubation period of a communicable illness to which he has been exposed



Fresh air, sunshine and exercise are generally good for children recovering from illnesses, but avoid heavy exercise, overheating and extreme hot or cold weather until a child has completely recovered.

For more information on health-related topics, visit our health library at CHKD.org/healthlibrary.

Your child's pediatrician should be your primary source of advice about your child's health.

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