

Health Guidance for Going to School

Attendance Works developed this draft guidance aimed at parents/family members and educators. Please ignore formatting and design when reviewing.

Showing up to school every day is critical for children's well-being, engagement and learning.

Make sure to send children to school if they are:

- Generally healthy and well
- Participating in usual day to day activities
- Children can even go to school if they
 - have a runny nose or just a little cough.
 - have a mild stomach ache.
 - have a rash that can be covered.
 - have head lice. Though a nuisance, lice have not been shown to spread disease.
 - haven't had a fever for 24 hours and they have not taken fever-reducing medicine during that time.

Now that Covid guidance has become less strict, avoid keeping children at home unless they are too sick to participate or are contagious. Please see the back of this handout for details.

If at any point you are unclear on whether to send your child to school or have specific concerns regarding your child's health, please make sure to contact your child's healthcare provider.

Please also note that this document is not meant to take the place of local health department or district guidance.

When is a Student Too Sick for School?		
Keep me home if:	Keep me home and call health care provider* if:	Return me to school if:
I have a fever*	I have a fever** for more than 3 days (72 hours) or have a fever with any of the following: <ul style="list-style-type: none"> • ear pain • sore throat • rash • stomach pain or headache • tooth pain 	I have not taken any fever reducing medicine for 24 hours and I have not had a fever** during that time
I am throwing up	I've been throwing up for more than 2 days, have a bad stomach ache that won't allow me to eat or participate in regular activities, or I am showing signs of dehydration***	I have not thrown up for 24 hours
I test positive for COVID	I have COVID and develop trouble breathing	I have COVID but feel better and have stayed home for the number of days required by the school and/or local health department
	Red, weeping and/or blistering rash	Rash has healed over or I have been cleared for return to school by my healthcare provider
	I have a persistent cough, trouble breathing, excessive body aches and/or I am so tired that I can't participate in regular activities****	I have a runny nose or just a little cough, but no other symptoms
	I have pink and crusty eyes, eye drainage, eye swelling and/or eye pain	I have pink eye but was seen by my health care provider and cleared for school*****
	I have a severe sore throat with fever and/or rash	I have strep throat but was seen by my health care provider and started on antibiotics***** and I no longer have a fever

*Call urgent care if your child does not have a health care provider

**Fever is defined as a temperature of 100.4 Fahrenheit (38.0 Celsius) or higher

***Very tired and sleepy, dry mouth and not peeing at least 2-3 times in 24 hours

****If your child has a chronic health issue such as asthma, and you are having difficulty keeping it under control, please reach out to your health care provider

*****Depending on the cause of pink eye, eye drops may not be necessary

*****Must receive 2 doses of antibiotics 12 hours apart before returning to school