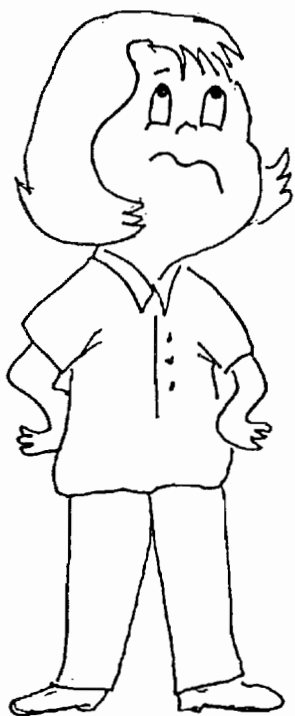
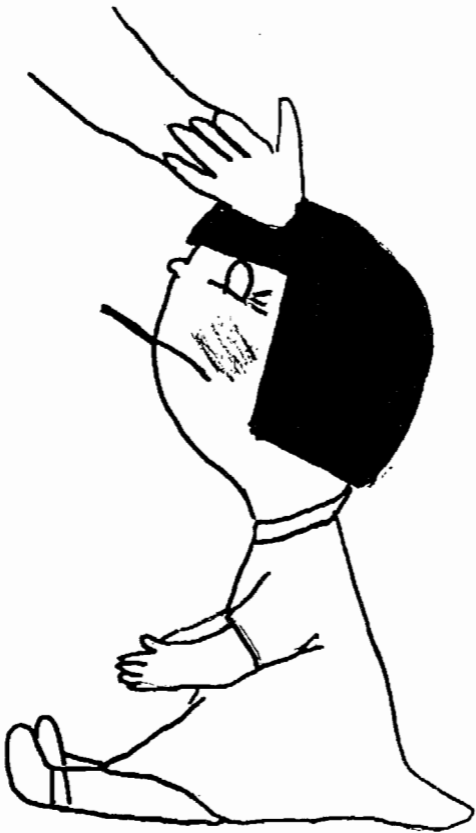


Is he sick?
Should I send
him to
school?



FEVER



A fever is a warning that all is not right with the body.

The best way to check for fever is with a thermometer, which every home should have. No child with a fever over 100° should be sent to school.

When no thermometer is available, check the child's forehead with the back of the hand. If it is hot, keep the child home until fever can be checked with a thermometer.

Ask your doctor to recommend a non-prescription medicine to have at home to relieve fever and pain.

Do not allow the child to return to school until he has been free of fever for 24 hours.

COLD • SORE THROAT COUGH



The common cold presents the most frequent problem to parents.

A child with a "heavy" cold and a hacking cough belongs at home in bed, even if no fever is present.

A child who complains of a sore throat and has no other symptoms may go to school. If white spots can be seen in the back of the throat or if a fever is present, the child should be kept at home and the doctor should be called. The doctor will need to know when the cold began, the child's temperature if a fever is present and the type of cold medicine that has been given to relieve symptoms.

RASH

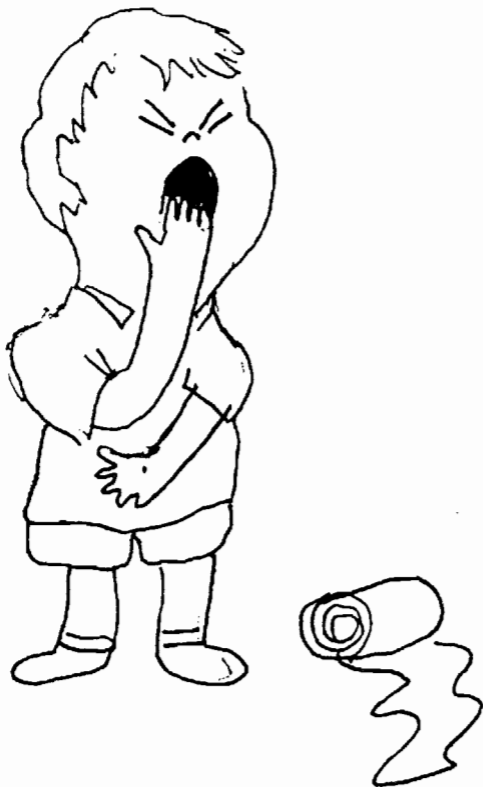


A rash may be the first sign of one of childhood's many illnesses, such as chicken pox.

A rash, or "spots," may cover the entire body or may appear in only one area.

Do not send a child with a rash to school until your doctor has said that it is safe to do so. Your doctor will need to know the rash's location, color, texture and onset (when it began).

STOMACHACHE VOMITING DIARRRHEA



Consult your doctor if your child has a stomachache which is persistent or severe enough to limit normal activity.

If vomiting occurs, keep your child home until he/she is able to keep food down.

A child with diarrhea should be kept at home.

Call your doctor if prompt improvement does not occur. Your doctor will need to know when the illness began, how often the vomiting or diarrhea is occurring and if the child has lost any weight.

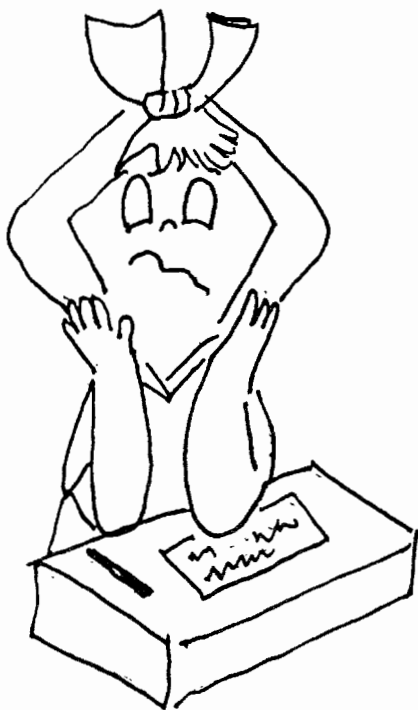
HEAD LICE



Lice are tiny gray bugs that thrive on the warm, damp scalps of children, causing itching and a rash. The nits (white eggs) are numerous, firmly attached to hairs, and are easier to see than the lice.

Home treatment for head lice includes washing the hair with regular shampoo, followed by the use of an anti-lice shampoo (as recommended by your doctor), and then removing the nits with a fine-tooth comb or by hand. Children should be kept at home until they have been treated with the anti-lice shampoo and have complied with all the school's guidelines for treatment. Further information regarding cleaning the child's personal items, as well as the home in general, may be obtained from your doctor or the County Health Department.

PAIN



TOOTHACHE – Contact your dentist.

EARACHE – Consult your doctor without delay.

HEADACHE – A child whose only complaint is headache usually need not be kept at home.

Children are known to have been kept home from school for reasons other than illness. Unnecessary absence from school may have a bad effect on a student's attitude, work habits and progress. Use your own good common sense and remember:

SICK CHILDREN
BELONG AT HOME
WELL CHILDREN
BELONG IN SCHOOL

One of the problems most often confronting parents of school-age children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child stays home or goes to school. What do you do? You do not want to keep a child at home who is really not sick, but you also do not want to send a sick child to school. The situation is even more difficult if both parents work and alternative care for a sick child has not been pre-arranged.

The information in this pamphlet is not intended as medical advice, but is designed to provide guidelines to be followed until your doctor can be contacted.

At a child's annual checkup, it is wise to discuss what should be done in the event of illness, how and when to contact the doctor and what type of home medical reference and first-aid kit to have on hand.

Parents should always report contagious illnesses to the school.

Originated in 1971 by the Muskegon County Medical Society Alliance

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MCMS Alliance
2574 Morton Avenue
Muskegon, MI 49441