

## How Sick is Too Sick for School?

In general, children are too sick to come to school when:

- They are contagious.
- Their symptoms are serious enough to prevent them from focusing on the tasks they need to do there.

**Use the checklist below to determine whether to keep your child home from school.**

1. Does your child have a fever above 101° F?  Yes  No
2. Does your child have diarrhea?  Yes  No
3. Are your child's eyes crusty, bright red, and/or discharging yellow or green fluid (conjunctivitis/pink eye) and your medical provider recommended he/she stay home?  Yes  No
4. If your child complains of a sore throat, is it accompanied by fever, headache, stomachache, or swollen glands?  Yes  No
5. If your child complains of a stomachache, is it accompanied by fever, vomiting, diarrhea, lethargy, sharp pain, and/or hard belly?  Yes  No
6. Does your child have a persistent, phlegmy cough?  Yes  No
7. Does your child have a rash that is undiagnosed and could be contagious?  Yes  No

If you answered yes to any of these questions, please keep your child home from school and consider seeking medical attention. Your child could have a serious or contagious illness. Keep your child home until he or she has been symptom free for at least 24 hours or until a doctor indicates that he or she can return to school.

If children have a cold, headache, or stomachache that is not accompanied by fever, vomiting or diarrhea, he/she is welcome to come to school.

If a child has a rash, it could be contagious. Please seek medical advice before allowing your child to come to school.

Earaches are not contagious. Children can come to school as long as they can concentrate on their work.



**Anchorage School District**

*Educating All Students for Success in Life*

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