

TOO SICK FOR SCHOOL?

HERE'S HOW
TO TELL



STAY HOME IF ...

Your child feels too sick for regular activities

Yellow or green pus appears

The temperature on an oral thermometer reads 100° F or higher (100.4 for an ear, rectal or forehead temp)

You suspect flu—it spreads rapidly

Your child has a migraine—throbbing, severe pain with moodiness, fatigue and sensitivity to light

Redness and itchiness affect all or most of your child's body

Your doctor suspects—or diagnoses—strep throat

Your child is vomiting or has uncontrollable diarrhea



SYMPTOM

← COUGH AND OTHER COLD SYMPTOMS →

← EYE DISCHARGE →



← FEVER →



← FLU →



← HEADACHE →



← RASH →



← SORE THROAT →



← STOMACHACHE →



GO BACK TO SCHOOL AFTER ...

Fever decreases and your child feels better

The amount of pus decreases, using antibiotic eye drops for 24 hours

Body temperature reaches normal

Fever has been gone for 24 hours

Taking pain medication

The rash is gone—or the doctor gives the OK

24 hours after beginning antibiotics

Vomiting stops and your child has control of bathroom breaks

»GET IT ONLINE! You can download this chart at lutheranjournal.org/too-sick-for-school.