

SOUTH PASADENA UNIFIED SCHOOL DISTRICT HEALTH SERVICES

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

Please keep your child home if he or she:

- Has a fever of 100 degrees or higher before taking medication to reduce the fever
- Has been vomiting or having persistent diarrhea in the last 24 hours
- Has excessive fatigue or lack of appetite
- Has an intense headache, sore throat, body aches, chills or an earache
- Has a persistent, productive cough, which has kept him/her up at night
- Has very red eyes with discharge

Does my child have the flu?

Influenza can be a very serious disease. If your child is at high risk for flu complications, please contact your physician at the first sign of any flu symptoms. Individuals at risk include those who are pregnant, have asthma, diabetes, compromised immune systems, or have a pulmonary or neuromuscular disease. Symptoms of flu typically come on very suddenly and can include:

- Fever
- Chills
- Headache
- Body aches
- Sore throat
- Nausea, vomiting
- Dry cough

When should I send my child back to school?

Colds and flu can be contagious for at least 48 hours, unfortunately even before symptoms occur. Returning to school too soon may prolong the recovery process and expose other children unnecessarily to illness. Please keep your child at home until:

- His/her fever has been gone for 24 hours without medication
- He/she has not had any vomiting or diarrhea during the last 24 hours
- If antibiotics were prescribed, please wait until your child has been on medication for 24 hours before he/she returns to school
- His/her appetite and energy level have returned to normal