



## NISD Health Services

### ATTENDANCE GUIDELINES FOR ILLNESS

Please help us to provide a healthy and safe environment for all students by observing the following:

Do not send your child to school if any of these symptoms or signs are present in the previous **24 hours**:

- ◆ Elevated temperature – 100° or greater
- ◆ Acute cold, sore throat, or persistent cough
- ◆ Vomiting, nausea, or severe abdominal pain
- ◆ Repeated diarrhea
- ◆ Anything other than clear discharge from the nose or eyes resulting from contagious condition
- ◆ Red, inflamed, or discharging eyes (conjunctivitis)
- ◆ Suspected scabies, impetigo, acute skin rashes, eruptions, any skin lesion in the weeping stage
- ◆ Head lice
- ◆ Lethargic behavior

There will be times when it is difficult to tell when your child is too ill to go to school. Sometimes there is the worry that he or she will miss important schoolwork. Like adults, children have different tolerances for discomfort and illness. Even with a common cold, some are able to function fine while others are miserable. **If your child is coughing continuously, he or she won't be able to concentrate, and will disrupt others in the class.** A day of rest at home combined with lots of fluids speeds recovery. If you decide to send your child to school when he or she is on the "borderline" of being ill, it is a good idea to call the school clinic or send a note to the teacher. Be sure to let the school know where you can be contacted in case your child's condition worsens.

If your child complains of headaches, stomachaches, or frequently does not feel well, it is wise to mention it to your doctor. Also, it is common for children to have physical complaints when they are anxious about a test or an event — or even when they have realized that staying at home brings a little extra attention.