



WHEN SHOULD I SEND MY CHILD TO SCHOOL?

SYMPTOMS

CONSEQUENCE

Allergic Reactions



YES – As long as the symptoms are mild (slight itching of the eyes, runny nose, mild contact dermatitis), the condition does not bother the child and the symptoms are known not to become more serious.



NO – If allergic symptoms are severe (swelling of the air ways, possible anaphylactic shock)

Child doesn't want to go to school

Frequent crying, fear, anger, not wanting to socialize, behavior changes, stomach ache, nausea. These can be signs of depression, anxiety, stress or fear.



YES – You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel & consult a health care provider. Your child may be experiencing bullying or trauma, may be behind in his or her school work or not getting along with others.

Chronic Disease Symptoms

Chronic disease is a long-lasting condition that can be controlled but not cured. Asthma, Diabetes, Migraines, Gastrointestinal, Epilepsy, etc.



YES – Your child should attend school. Your family doctor can provide necessary medical interventions for chronic disease management, including medication administration.

Cold Symptoms

Stuffy nose/runny nose, sneezing, mild cough, temperature/fever



NO – These symptoms may indicate that your child can infect others. Some of them are considered symptoms of the Coronavirus. Exception: If these symptoms stem from a known allergy, your child can attend school (see: Allergic Reaction).

Coughing

Severe, uncontrolled, rapid coughing, and/or difficulty breathing



NO – Keep your child home and contact your family doctor. Coughing due to asthma may be controlled at school with appropriate interventions. Note that teachers are not allowed to give out any medicine if not agreed with parents in written form (specifying what medicine and dose).

Diarrhea

Frequent, loose or watery stool may mean illness, but can also be caused by food or medication



NO – Your child may return to school when diarrhea has stopped for 24 hours.

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Eye Symptoms

Redness, discharge, itching, swelling, etc.



NO – Your child needs to be evaluated by a health care provider for possible treatment. If an antibiotic is prescribed, your child should remain home for 24 hours after starting the medication.

Family member sick



NO – If a family member shows signs of contagious diseases, such as runny nose, diarrhea, vomiting, coughing or fever, your child should stay at home. Your child can attend school if the symptoms are surely not contagious (f.ex. headache).

Family member stressed, unwell, hospitalized



YES – If you or a family member is unwell, your child needs to attend school. The best place for your child is at school.

Fever

A fever usually means illness, especially if your child's temperature is greater than 37°C.



NO – Your child needs to remain home until the fever has been down for 24 hours. Consult your family doctor if your child also has symptoms such as a rash, sore throat, vomiting, etc.

Flu/Influenza

Respiratory illness with sudden onset fever, body aches, dry cough, sore throat, chills, etc. Please speak with a medical provider regarding your child receiving the recommended annual flu vaccine.



NO – Your child may need to be evaluated by the family doctor for possible treatment.

Head Lice

Intense itching of the head; may feel like something is moving.



NO – Please consult your family doctor. Your child can only be in school following an initial treatment.

Menstrual Issues



YES – The school can provide feminine hygiene products if needed. However, teachers are not allowed to give out any medicine including pain killers if not agreed on with parents in written form.



NO – If cramps are severe, the girl feels dizzy. If menstrual symptoms are severe and interfere with your child's attending school, consult a healthcare provider.

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Minor Injuries



YES – Most children can attend school with minor injuries. If any injury limits movement and causes persistent pain, it should be evaluated by a medical provider. Pain killing medicine can only be given by teachers at school with the written permission of a parent.

Rash



NO – If a rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and contact your family doctor for evaluation and possible treatment.

Strep Throat

Sore throat, headache, fever, rash, stomachache, and/or red, swollen tonsils.



NO – Your child may require consultation with your family doctor.

Symptoms for the COVID-19 Virus



NO – Your child should stay at home. Your child can come to school after it has been cleared by your family doctor.

Toothache



NO – If the toothache is severe and keeps the student from concentrating. Note that medicine such as pain killers can only be given by teachers with a parent's written permission.

Vomiting



NO – Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact your family doctor.