

# ATTENDANCE ASSISTANCE PROGRAM

## When is sick too sick for school?

A regular attendance routine is important for your child's well-being and learning. These tips can help you decide when to keep your child home when they don't feel well.



### SEND ME TO SCHOOL IF...

- I have a **runny nose** or just a **little cough**, but no other symptoms.
- I have **NOT** had a **fever overnight** and have **NOT** taken **fever reducing medicine** during that time.
- I have a **mild stomach ache**.
- I have **not thrown up** overnight and can drink liquids without throwing up.
- I have a **mild rash** and no other symptoms.
- I have **eye drainage WITHOUT** fever, eye pain or eyelid redness.



### KEEP ME AT HOME IF...

- I have a **temperature higher than 100.4**
- I have **thrown up two or more times** in the past 24 hours.
- My **stool is watery** and I may not make it to the bathroom in time.



### SEEK MEDICAL CARE IF...

- I have a **temperature higher than 100.4 AND any of the following**: ear pain, sore throat, rash, stomachache, headache or tooth pain.
- I have **stomach pain and fever**, I have **bloody or black stool**, or I am **dehydrated** (tired and sleepy, dry mouth) and/or I have **not urinated** in the last 8 hours.
- I have a **persistent cough** or **trouble breathing**, or have a fever with the cough.
- I have **eye swelling, eye pain** or an **eye injury**.
- I have a **rash that has blisters**, is draining, is painful, looks like bruises, and/or I have a fever with the rash.

If you don't know whether to send your child to school, have specific concerns regarding your child's physical or mental health, or are worried your child will spread illness, contact your child's health care provider, a local urgent care or the school nurse. These tips are not meant to take the place of local health department/school district health guidance including about contagious illnesses such as Covid-19 and the flu.



## Starting Over

January is a great time to review routines and maybe start some new ones. In many ways, it feels like starting over after a few weeks at home and it can be difficult to get back in to healthy sleep and school habits.

## Staying Healthy

In January and February we start to see a lot more illness. It is important to practice good handwashing and healthy eating habits to prevent our bodies from getting worn down. When it's dark and cold, it's easy to want to stay in bed if you aren't feeling great, but it's important to only stay home if you are truly sick. Developing healthy hygiene habits will go a long way in beating illness this winter.

# SAM



School  
Attendance  
Matters

Iroquois - Kankakee  
Regional Office of Education

## DON'T FORGET YOUR Winter Coat!

