



A Note from Nurse Mary Ann Glusich

It's "snoot, snot, and sniffle time at School"

It's difficult to make a decision whether to keep your child home from school or not. The experts advise sending a child to school **ONLY** if he or she is well enough to learn. This means the child's symptoms do not disrupt his or her ability to concentrate in class and do not distract classmates.

If a parent suspects the child is faking the illness, according to Dr. Devore with the American Academy of Pediatrics, look at the "total child". Does the child usually complain of illness right after a break or weekend? Does the child demonstrate behaviors like social isolation and mood swings that could suggest a bigger reason for avoiding school? Contacting your child's doctor can help determine whether he symptoms are physically or emotionally based.

Symptoms that may warrant a day at home or visit to the doctor include:

- persistent fever (temperature higher than 100.4 degrees taken by mouth
- severe sore throat that lasts more than 48 hours especially when accompanied by a fever
- a significant rash, particularly when other symptoms are present
- Large amounts of discolored nasal discharge
- severe ear pain
- an uncontrolled cough
- diarrhea
- Severe headache, especially with fever.

Parents can allow children to return to school after symptoms are gone for at least 24 hours.

Reference: The American Academy of Pediatrics