

Guidelines for keeping your children home from school

Sometimes parents wonder if they should send their child to school. A good guide is to take the child's temperature. If it is 100 degrees or greater the child must stay home. Other signs include: Vomiting, diarrhea, sore throat, headache, earache, difficulty breathing, a rash with a fever, red eyes with drainage that causes the eyes to be stuck shut (pink eye).

If you're still not sure what to do here are some questions to ask.

- Does s/he prefer to lay down most of the time?
- Is s/he disinterested in what is going on around them when normally active?
 - As a parent you are the best person to decide if your child is acting normally or if s/he isn't feeling well.

Here's to good health!

