Vancouver CoastalHealth
Promoting wellness. Ensuring care.

January 2015

WHEN SHOULD I KEEP MY SICK CHILD HOME FROM SCHOOL?

Things to consider if your child feels unwell:

1. The protection of your child. Without proper rest a child may have a hard time fighting an illness or be open to other illnesses.
2. The ability of your child to actively take part and learn at school.
3. The school staff cannot care for a sick child and give them the support that they may need.
4. The protection of other children.

Please keep your child home if he/she:

- Has a fever.
- Is too sick to take part in all normal school activities.
- Has a suspected or known communicable disease (i.e. strep throat, chicken pox, measles or any other undiagnosed rash).
- Is vomiting or has diarrhea. It is recommended that students be symptom free at least 24 hours before returning to school.

Visit a heath care provider to find out about rashes or serious illness. Keep your child home until they cannot infect others or as told by a health care provider. Please let the school know your child's symptoms.

If the school finds it necessary to send your child home because of illness, please make sure you have arranged an emergency contact if you are not available. Inform your school of these arrangements.

Where can I find more Information?

- **Public Health school ON Call Nurse at 604-983-6714**
- Health Link BC – online www.healthlinkbc.ca or dial 811
- North Shore School Health Manual: www.vch.ca/schoolhealth
- Sneezes and Diseases http://www.vch.ca/media/SneezesDiseases.pdf