

WHEN SHOULD I KEEP MY SICK STUDENT HOME FROM SCHOOL?

Things to consider:

- If a student is sick, they need to rest or their recovery could be delayed
- The ability of a student to function and learn at school may be impaired when they are sick
- Prevention of the spread of illness to other children and families or to school staff
- The inability of the school to look after students/children when they are sick

Please keep your student home if he/she has any of the following:

- Fever
- Cough
- Sore throat
- Body aches
- Headaches
- Chills and fatigue
- Constant runny nose
- Vomiting or diarrhea
- A suspected or known communicable disease (i.e. pink eye, mumps, measles, rubella, chicken pox, whooping cough, gastrointestinal illnesses)

How to reduce illness:

- Wash your hands frequently, especially before eating, after coughing or sneezing or using the bathroom
- Avoid touching your eyes, nose and mouth
- Don't share the same cup or utensils with other people
- Sneeze into a tissue (then throw it away); if you don't have a tissue, cough or sneeze into your sleeve

If you have further questions please contact:

- A **Public Health Nurse** at (604) 983-6700
- Your family doctor
- Health link BC 24 hours a day, 7 days a week at **811** or **www.healthlinkbc.ca**

Here's to a healthy school year!
