



WHEN YOUR CHILD IS SICK

A number of children have been arriving ill at school or are being sent back to school before they are fully recovered from an illness.

Please keep your child home if he/she:

- has a suspected or known communicable disease (i.e. mumps, measles, rubella, chicken pox). Keep them home until they are no longer infectious.
- has a fever.
- **is too sick to participate in all normal school activities.**
- has symptoms such as persistent cough, constant runny nose, etc. If these symptoms do not clear up within a reasonable time, please see your family doctor.
- **Has vomited or had diarrhea within 48 hours.**

There are four important issues to consider as you try to determine if your child is too ill to attend school:

- the protection of other children.
- the protection of your child. Their recovery could be delayed; also they are more likely to acquire other illnesses, as their resistance is reduced.
- the ability of your child to function at school.
- the inability of the school to look after your child.

Should the school find it necessary to send your child home because of illness, please make sure you have made alternate arrangements when you are not available. Inform the school of these arrangements.

When calling the school to report your child's illness, please indicate your child's symptoms, eg. Cough, diarrhea, fever, headaches, muscle aches, Nausea, rash, runny nose, sore throat, vomiting, etc. and include the date of onset.

Public Health recommends that persons who are ill **remain at home avoiding public events (school, sporting events, etc) until the symptoms have stopped.**

Symptomatic individuals should practice frequent, thorough hand washing and refrain from food preparation.

If you have any questions please contact the **ON-CALL Public Health Nurse**, for the Child and Youth team at **604-983-6700, or dial 811.**

We appreciate your cooperation and commitment to a healthier community.