

## Is your child too sick to go to school?

Symptoms	When to Stay Home	When to call the doctor
<b>FEVER</b>	If your child's temperature is 100 degrees Fahrenheit or higher. A fever usually signals a contagious infection.	If your child seems unusually lethargic, has a severe headache, is hallucinating or delirious or still looks ill after the fever breaks.
<b>COUGH</b>	If the cough is persistent, severe, brings up mucus, or is accompanied by a fever	If your child starts to have noisy, rapid or difficult breathing, or you notice a blue tinge to his lips or fingernails.
<b>RUNNY NOSE</b>	If there are other cold or flu symptoms. A drippy nose alone is no reason to skip school; just be sure he has plenty of tissues!	If your child is having difficulty breathing, is unusually sleepy or lethargic, or has a fever over 101 degrees Fahrenheit.
<b>SORE THROAT</b>	If the pains seems moderate to severe and is not relieved by taking a drink.	If there's also a fever, spots on the throat, a severe headache, rash, swollen glands, red or painful joints, nausea, or trouble breathing
<b>STOMACH-ACHE</b>	If the pain seems sharp or is concentrated in a specific area of the stomach, or is accompanied by fever, vomiting or diarrhea	If it's severe and lasts longer than two hours, is accompanied by severe vomiting, or there's blood in vomit, stool or urine
<b>DIARRHEA</b>	As long as your child is still having loose bowel movements	If it lasts past 48 hours, or if your child has a fever, is vomiting, there's blood in his stool, or you suspect dehydration
<b>VOMITING</b>	If your child has thrown up within the past few hours, or has a fever or no appetite	If your child also has a fever or diarrhea that lasts more than 12 hours, or shows signs of dehydration
<b>EARACHE</b>	If your child also has a fever (this usually means an ear infection)	If your child has a fever, discharge from or swelling around the ear, headache, dizziness, or hearing loss
<b>RASH</b>	Until it's diagnosed	No matter what. Many rashes are contagious; any skin eruptions should be seen and diagnosed by your pediatrician.

Compiled by Dr. Steven Shelov, M.D., coeditor of The American Academy of Pediatrics Guide to Your Child's Symptoms