

Health Hints

Is your child too sick to go to school?

Keep children at home if they have...

- ⇒ a fever, and keep them home for **24** hours after the fever is gone.
- ⇒ vomiting or diarrhea, and keep them home for **24** hours after the last episode.
- ⇒ a severe sore throat.
- ⇒ a rash with no known cause.
- ⇒ a severe cough especially with other symptoms like a runny nose and headache.
- ⇒ redness, swelling or discharge of the eyes, ears or skin, unless treated.
- ⇒ been acting unwell and have little energy to join in school activities.



Want more information on any health topic?

Contact HealthLink BC: Dial 811 or go to <http://www.healthlinkbc.ca/> to speak with a:

- ✓ **Registered Nurse** 24 hours a day, every day of the year.
- ✓ **Registered Dietitian** every weekday from 9 a.m. to 5 p.m. PST.
- ✓ **Pharmacist** every night from 5 p.m. to 9 a.m. PST every day of the year.

A Quick Guide to Common Child-hood Diseases from the BC Centre for Disease Control:

http://www.bccdc.ca/NR/rdonlyres/8061A728-C969-4F38-9082-B0296EF2A128/0/Epid_GF_childhood_quickguide_may_09.pdf

Be sure to talk with your family doctor or nurse practitioners if you have concerns about your child's health.



Interior Health
Every person matters

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>