



# Is your child too sick for school?



## Deciding when your child is too sick for school is not always an easy decision.

Children should not come to school if they are sick and unable to participate fully in routine activities. If you have questions and concerns about your child's health, talk with a qualified healthcare professional.

### Keep children at home if they have:

- a fever, and keep them home for **24** hours after the fever is gone away without the help of medication (see reverse page on how to take a temperature).
- vomiting or diarrhea, and keep them home for **48** 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.

### For questions about your child's health you can:

1. Dial 811 or go to [HealthLinkBC.ca](http://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.
2. Contact an Urgent Care, Walk-in Clinic or Doctor's Office.
  - See the reverse page on when to go to the emergency department.



## Seasonal Respiratory Illness

In the fall and winter, we can expect to see more respiratory illness. This is an annual occurrence, but there are measures we can all take to prevent illness and manage symptoms while at home. Here is some information that may be helpful: [It's respiratory illness season.](#)

**For more information on specific illnesses see:** [A Quick Guide to Common Childhood Diseases](#)



# Is it an Emergency?

Having a sick child can be stressful, but not all illnesses require a visit to the emergency department. Find the right place to go for care.

<u>Emergency Department</u>	<u>Urgent Care, Walk-in Clinic or Doctor's Office</u>
<ul style="list-style-type: none"><li>• Difficulty breathing</li><li>• Fever in infants younger than 3 months</li><li>• Broken bone</li><li>• Serious or severe burn</li><li>• Vomiting or diarrhea with dehydration</li><li>• Sudden change in mental state</li><li>• Complicated or deep cut</li></ul>    	<ul style="list-style-type: none"><li>• Fever or flu</li><li>• Cough, cold, sore throat</li><li>• Earache</li><li>• Rash</li><li>• Pink eye</li><li>• Sprain or strain</li><li>• Referral to specialist</li></ul>   

[Information on when to bring your child to the Emergency Department](#)

## **Information on Taking a temperature:**

HealthLinkBC [Fever or chills age 11 or younger](#) (has a symptom checker link)

HealthLinkBC [How to take a temperature: Children and Adults](#)

Canadian Paediatrician Society [Fever and temperature taking](#)

Canadian Pharmacist Association [Information for families on children's fever and pain medication](#)