



Is My Child Too Sick to Attend School?

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a healthcare provider? Call 811 for advice at any time.
<ul style="list-style-type: none"> High temperature or fever/chills (over 37.5° C orally) 	<ul style="list-style-type: none"> Strep throat (usually very painful) Chicken Pox Measles Respiratory infections 	No.	Once the child is fever-free for at least 1 day without the help of medication. Health Provider to advise if treatment is required.	Yes, if your child seems to be getting worse or if fever lasts longer than 3 days or cannot be controlled without acetaminophen or ibuprofen.
<ul style="list-style-type: none"> Rashes <p>Rashes have many different causes and some are very contagious. Usually a healthcare provider must see the rash and testing may be required.</p>	<ul style="list-style-type: none"> Allergic reactions, insect bite, heat rash Fifth's Disease/ Parvovirus B19 <hr/> <ul style="list-style-type: none"> Scarlet Fever/Strep Throat Impetigo Chicken Pox/Shingles Hand, Foot and Mouth Virus Scabies Measles 	Yes, if allergic reaction, heat rash, insect bite, Fifth's Disease, or treated scabies.	Return to school time will vary depending on the cause of the rash. If antibiotics are prescribed for Impetigo or Strep infections, child can return to school 24 hours following the start of treatment.	Yes, unless you are sure it is an allergic reaction or heat rash. Phone the healthcare provider's office before you go to prevent spreading the rash to others.
		No.	Chicken Pox—when feeling well enough to attend and all blisters have crusted over.	
			Shingles—if lesions are covered.	





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<ul style="list-style-type: none"> Vomiting Diarrhea 	<ul style="list-style-type: none"> Upset stomach (caused by bacteria, virus or the toxins they produce) Gastroenteritis Norovirus COVID 19 	No.	Not until it has been at least 2 days since the last episode of vomiting or diarrhea.	Yes, if the child: <ul style="list-style-type: none"> Is unable to keep any fluids down for 24 hours Is dehydrated Has blood in stool
<ul style="list-style-type: none"> Headache 	<ul style="list-style-type: none"> Upset/Stressed Tired Dehydrated Onset of an illness Injury COVID 19 	No, stay home. Reassess after 24 hours. Yes, if recovered and the headache is no longer present after that time.	When the child feels well and is able to manage school activities.	Yes, if headache is severe or accompanied by a stiff neck, or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e., sleepy). If not recovered after 24 hours, call 811.
<ul style="list-style-type: none"> Cough Minor cold Runny nose Minor sore throat 	<ul style="list-style-type: none"> Seasonal cold Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches. COVID 19 	No, if not able to participate fully in regular activities. No, if it is Influenza. No, if it is COVID 19.	When the child feels well and is able to manage school activities.	Yes, if they have coughing that will not stop or anything different about the child's breathing.





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<ul style="list-style-type: none"> • Redness in the white part of the eye or along the lids • Itching or pain in eye • Watering eye (tearing) • Discharge from the eye 	<ul style="list-style-type: none"> • Pinkeye (Conjunctivitis) 	No.	If antibiotics are prescribed for pinkeye, can return to school 24 hours after the antibiotic was started.	<p>Call 811 for advice at any time.</p> Yes, if discharge is seen from the eye.

- Immunizations and frequent handwashing will help prevent many of these common childhood illnesses.
- Inform your school about the symptoms your child is experiencing when you call to inform them about the absence.
- See “Communicable Disease Control” for information about these and other communicable diseases at: [Communicable Disease Control | SasHealthAuthority](#)
- Contact a Public Health Nurse at your local community office: [Public Health Communicable Disease Control \(CDC\) Offices table](#).
- For 24-hour professional health advice and information, call

