



Monroe Public Schools

1275 N. Macomb St., Monroe, MI 48162 · (734) 265.3000

Is Your Child Too Sick for School?

When your child isn't feeling well, keeping them at home may protect them from further infection and avoid spreading the illness to other students and staff. Returning to school too soon may slow the recovery process and expose others to illness.

Students should stay home if they are experiencing any of the following:

- **A fever of 100.4 or higher.** Anyone with a fever should stay home until the fever is gone for 24 hours without the use of fever-reducing medications (Acetaminophen (Tylenol), Ibuprofen (Motrin), etc.).
- **Vomiting and Diarrhea.** A child should be symptom-free for 24 hours, without the use of medication, and be able to hold down food and fluids before returning to school.
- **Frequent and/or persistent cough.** Difficulty breathing, rapid breathing, flaring nostrils, wheezing, grunting, shortness of breath, chest caving in with each breath,
- **productive cough, or productive sneezing.**
- **Flu.** The flu can be serious. Symptoms typically come on suddenly and include fever, chills, headache, body aches, earache, nausea, vomiting, and dry cough. Call your physician at the first sign of flu symptoms,
- **Pinkeye or conjunctivitis.** Anyone with reddened eye(s) and discharge should stay home until the drainage has cleared or the doctor approves them to return to school.
- **Has symptoms that prevent them from participating in school, such as:**
 - Excessive tiredness or lack of appetite
 - Headache, body aches, earache
 - Sore throat- *A severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Contact your pediatrician as your child needs a special test to determine if it is strep throat.*
- **Widespread rash.** The child should see a doctor for diagnosis and treatment.

Whenever there is any question if your student is well enough to come to school, consult your child's doctor. Call their physician or seek emergency care if your student has any of the following: Rapid breathing, flaring nostrils, wheezing, grunting, shortness of breath/difficulty breathing, chest caving in with each breath, very ill or drowsy, poor feeding, dehydration, vomiting for more than 24 hours, bloody diarrhea, fever above 104°F, or a fever greater than 103°F for more than 24 hours.

All of these illnesses, and many others, can be easily spread, both in school and in the family. Frequent hand washing is one of the easiest ways to prevent the spread of disease. Teach children to cough and sneeze into tissues or their sleeve and not onto other people.

Please call each day of your child's absence with their name, teacher and date and reason of absence. If your child missed 3 or more days, they should return to school with a doctor's note indicating the medical diagnosis and the date they are cleared to return to school.

NOTICE OF NONDISCRIMINATION

It is the policy of Monroe Public Schools not to discriminate on the basis of race, color, national origin, gender, age, disability, religion, height, weight or marital status in its programs, services, employment, or any other activities. For information contact the office of the Superintendent of Schools, 1275 N. Macomb St., Monroe, MI 48162, 734-265-3070.