

# Hold On To Dear Life

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## When Should You Keep Your Child Home From School?

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What do you do when you hear, as you are getting ready for work?:

" Mom, I don't feel good."

" Dad, my tummy hurts."

" Mom, I am too tired to go to school."

" Dad, I feel achy and cold."

How do you know if you should keep your child home from school?

First and always, if you are concerned about your child, call your pediatrician or family doctor. They can give you advice directed for your child. But here are some general guidelines taken from Intermountain Primary Children's [Let's Talk About](#). . . and [Kidshealth.org](#).

**Fever** – while not a disease, it is certainly a sign that your child is fighting off an infection. This can be either viral or bacterial. Fever can be treated with the appropriate doses of ibuprofen or acetaminophen. Do not give your child aspirin. Verify the correct doses either from the packaging inserts or from your pediatrician.

Do not give your child medication to reduce a fever and then send them to school. Your child should be fever-free, without medications for at least 24 hours before returning to school. A fever greater than 101 that does

not respond to fever reducing medication should be seen by a medical provider.

**Diarrhea or vomiting** – Many viral infections can cause vomiting or diarrhea. These infections are contagious and easily spread. Children with vomiting and a fever should be kept home from school and watched closely. Anytime a child has persistent



vomiting, fever, and generally appears ill, contacting your pediatrician is best practice. The pediatrician will offer advice in managing the illness.

The same guideline should be followed for diarrhea. For mild cases of flu like symptoms, your child can return to school when they no longer have a fever and feel well enough to participate in class.

Parents should always use their best judgment to determine if your child is ready to return to school.





**Sore throats, coughs and colds** – These are very common in children. If coughing is severe and disrupts learning, keep your child home. Children with coughs or colds associated with a fever should be kept home from school until they have been fever free for 24 hours. Remind children to cover their mouths when coughing.

**Illnesses and rashes like chickenpox, measles or hand, foot and mouth disease** - A health care provider or school nurse can help you distinguish these illnesses and when your child is no longer contagious. Parents might be surprised to learn that a diagnosis of **head lice, scabies, or ringworm** is not a reason to stay home from school once your child has been treated. Check your specific school or daycare's policies for more guidelines.

**Proper hand hygiene** - Handwashing is one of the best ways to protect yourself and you family from getting sick. Handwashing can help prevent illness. It involves five simple and effective steps, (Wet, Lather, Scrub, Rinse, Dry), you can take to reduce the spread of diarrheal and respiratory illnesses so you can stay healthy.



Regular handwashing, particularly after using the toilet, coughing, touching pets, or before and after eating, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick.



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Handwashing is a win for everyone, except the germs. (taken from [CDC.gov](https://www.cdc.gov)).

**Vaccinations** are a great front line defense from many illnesses. Talk with your pediatrician to verify your child's vaccinations are up to date.

**Intermountain's Connect Care** lets you visit a doctor from the comfort of your home. Download the app and for \$59 or less, you can access a provider 24/7, 365 days a year. **Connect Care** treats conditions such as stuffy and runny nose, allergies, sore throat, eye infections, earache, cough, lower back pain, joint pain or strains, and minor skin problems. There is no charge if it is determined that an office visit is necessary.



## Fighting Hunger

by Rosa Alveno

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The giving spirit is all round us during the holiday season. But at the start of the year, many of us become pre-occupied with making changes and our lives are centered around achieving those New Year's resolutions.

Here's one resolution that is sure to stick: continue the gift of giving! According to [Feeding America](https://www.feedingamerica.org), 373,850 people are struggling with hunger in Utah – and of them, 135,940 are children. That's 1 in 7 children that are unsure where their next meal might come from.

Hunger can easily go unnoticed because it affects people from all walks of life. Your neighbor, coworkers, or your child's classmate may be struggling to get enough to eat. You can make a difference by contributing time, money, or donated goods to your local food pantries. Visit the [Utah Food Bank](https://www.utahfoodbank.org) to learn more.

