



**MIDLAND INDEPENDENT SCHOOL DISTRICT
HEALTH SERVICES DEPARTMENT**

Guidelines for Keeping Sick Students Home

1. Oral temperature of 100 or higher. *(It is advisable to keep your child home until they have been fever free for 24 hours without the use of medicine.)*
2. Throat red and swollen.
3. Blister-like or fluid filled rash starting at the head and spreading to other body parts.
4. Eyes that are red, swollen, and matted together.
5. Vomiting or diarrhea. *(Must be vomit and diarrhea free for 24 hours.)*
6. Hepatitis-A symptoms (sudden onset of fever, lack of appetite, nausea, vomiting, jaundice [yellow-tinged skin]).
7. Any questionable contagious symptoms or if your child is especially droopy, lack of energy or just not him/her self. These are just general guidelines. If you have any questions regarding your child health, please call your family physician or school nurse.

Is it a COLD or the FLU?

Check your symptoms, and ask your doctor for advice.
Remember, a FLU SHOT is your best protection against the flu.

SYMPTOMS	COLD	FLU
Fever	Rare in adults and older children, but can be as high as 102 F. in infants and small children.	Usually 102 F, but can go up to 104 F and usually lasts 3-4 days.
Headache	Rare	Sudden onset and can be severe.
Muscle aches	Mild	Usual, and often severe.
Tiredness and weakness	Mild	Can last 2 or more weeks.
Extreme exhaustion	Never	Sudden onset and can be severe.
Runny nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore throat	Often	Sometimes
Cough	Mild hacking cough	Usual, and can become severe.