

# When to Keep a Child with Asthma or Allergies Home from School

Keeping a child home from school can be a tough decision, especially if your child has allergies or asthma. Here are some quick tips on if it is safe to send your child to school or if the correct decision is to keep them home.



## ALL STUDENTS:

### When to Go to School:

- ✓ No fever for 24 hours
- ✓ Has energy to participate in school activities
- ✓ Occasional Cough
- ✓ Feels good
- ✓ No vomiting or diarrhea for 24 hours

### When to Stay Home:

- ✓ Fever of 100.4° or higher
- ✓ Feels too sick to participate in school activities
- ✓ Moderate to severe cough
- ✓ Shortness of breath
- ✓ Stomach pain
- ✓ Sore throat
- ✓ Vomiting
- ✓ Diarrhea
- ✓ Neck Pain
- ✓ Rash
- ✓ Bloodshot eyes
- ✓ Feel extra tired
- ✓ Needs fever or pain medication to feel good

## FOR STUDENTS WITH ASTHMA:

### When to Go to School:

- ✓ Slight wheeze
- ✓ In Green Zone on Asthma Action Plan

### When to Stay Home:

- ✓ Sleepless night due to asthma symptoms
- ✓ Significant wheezing, coughing, shortness of breath
- ✓ Experiencing asthma flare that is not well controlled with quick relief medication