Tips and Trends

Is Your Child Too Sick To Go To School? 3 Signs That Mean Yes

Do you struggle when deciding whether to send your children to school or give them a "sick day" at home if they say they don't feel well?

You're not alone. A new nationwide poll* of more than 1400 parents of children ages 6 to 18 reveals the factors that parents consider when making this common, but often difficult judgment call.

- **Concern the child could become sicker if sent to school:** 60% of parents
- **Not wanting the child's classmates to get sick:** 47% of parents
- **Concern the child would miss a test or fall behind in school:** 37% of parents
- **Not being able to find someone to stay home with a sick child:** 18% of parents
- **Not wanting to miss work themselves:** 11% of parents

Of course, a child's symptoms are also a primary factor in making the stay-or-go decision. While most parents would keep their children home if they had diarrhea (80%) or had vomited once (58%), less than half (49%) would keep a child with a slight fever but no other symptoms out of school, and fewer than 17% would keep a child home who had only a runny nose or only red, watery eyes.

According to the American Academy of Pediatrics **you should keep your child home from school** if he or she:

- Has a fever.
- Is not well enough to participate in class.
- May be contagious.

As a parent, no one knows your child better than you do, and your own gut instinct may be the most important factor of all. However, if you are struggling with the decision, realize that if you have HealthTrust medical coverage, you can get in-the-moment advice at no cost from **Anthem's 24/7 NurseLine – 800.544.1901** – or you could visit with a board-certified doctor without leaving your home by registering with **LiveHealth Online (*www.livehealthonline.com*)**. The cost for a visit with a LiveHealth Online doctor is usually not more than your usual copay or up to $49.

Source: University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health

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