

# Health Room

Main phone number: 240-740-0642



## WHAT ARE IMPORTANT SIGNS OF ILLNESS?

**Some important signs of illness are:**

1. A temperature of more than 100o orally
2. Nausea or vomiting
3. Stomachache
4. Diarrhea
5. Pale or flushed face
6. Headache
7. Persistent cough
8. Earache
9. Thick yellowish discharge from nose
10. Sore throat
11. Rash or infection of the skin
12. Red or pink eyes
13. Loss of energy or decrease inactivity

## WHAT SHOULD I DO IF MY CHILD HAS ANY OF THESE SIGNS?

If your child has any of these symptoms when it is time for school, it is best that he/she stay home. Most childhood illnesses are over soon and no cause for worry. But, if the symptoms are severe or persist for more than 24 hours, you should contact your private source of medical care.

Children sometimes use illness as an excuse to miss school. On the other hand, some children force themselves to go to school even though they are sick. There may be times that your child does not show signs of the above-noted symptoms but maybe ill. It is up to you to be alert to your child's health and to decide when it is best to send him/her to school.