

Should I Send My Child to School Today?

A problem parents commonly face is when to keep a child home from school if she/he complains of not feeling well. Use the following guidelines until your health care provider can be contacted.

Children should usually be kept at home if any of the following conditions are present (keep in mind the absence of fever does not always indicate the child is well enough to attend school).

- Fever over 100 degrees within the past 24 hours
- Vomiting within the past 24 hours
- Diarrhea within the past 24 hours
- Undiagnosed skin rashes
- A communicable disease
- Head lice
- Persistent sore throat along with loss of voice, difficulty swallowing and/or rash
- Severe headache, toothache, or ear pain
- Stiff neck or headache with fever
- Skin infections
- Abdominal pain with low grade fever
- Eyes that are painful, red and matted

Medical Insurance

Students without medical insurance may be eligible for the state-sponsored FAMIS program even if their parents are employed.

FAMIS is Virginia's program that helps families provide health insurance to their children. Health insurance is important to make sure that kids are able to get all the help they need to grow up healthy. FAMIS stands for Family Access to Medical Insurance Security. Call, 1-866-873-2647, or go to FAMIS.org for more information.