School District of Menomonee Falls
Engage Learn Improve

Health Guidance for Going to School

Showing up to school every day is critical for children's well-being, engagement, and learning.

Make sure to send children to school if they are:

- Generally healthy and well.
- Participating in usual day-to-day activities.
- Children can even go to school if they:
  - Have a mild cold, which may include a runny nose and/or cough.
  - Have eye irritation without fever, eye pain, eye watering or eyelid redness.
  - Have a mild stomach ache.
  - Have a mild headache.
  - Haven't had a fever overnight and they have not taken fever-reducing medicine during that time.

Avoid keeping children at home unless they are too sick to participate. Please see the back of this handout for details.

Children may also avoid school due to anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache, etc.) If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, school counselor, or other school staff to discuss the challenge and identify what can help your child stay in school.

If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school nurse (Ms. Luedtke LuedAly@sdmfschools.org for Shady Lane, Valley View & Ben Franklin or Mrs. Madrzak MadrPam@sdmfschools.org for Riverside, North Middle, & MFHS) about developing a plan with you and your child's healthcare provider to keep your child healthy and safe while attending school.

Please note: This document is not meant to take the place of local health department guidance about contagious illnesses.