

**Mayo Clinic Minute: When should you keep your child home from school?**

Video	Audio
	Whether physically apparent:
<b>TINA ARDON, M.D.</b> <b>FAMILY MEDICINE</b> <b>Mayo Clinic</b>	"A fever is always a reason to keep your child home. Symptoms like vomiting or diarrhea are certainly reasons to keep your children home."
	Or more subtle signs:
	"I also ask parents and families just to think about their child and how they're behaving. We don't want to send our kids to school either, if they're just not going to be able to participate fully."
	For some children, symptoms, like headaches or stomachaches, may not be something that they need to see a doctor for on an immediate basis, but could indicate something else, like anxiety.
	"Parents and families are always encouraged to keep an eye on the overall picture with their kids so that we can determine if there's a larger issue at play with those symptoms."
	Dr. Ardon says err on the side of caution. If your child isn't feeling well, try to find the root cause before sending him or her off to school.
	"Be thoughtful for the families and the kids around us. So it does help our kids stay healthier overall in the school year, if we're being thoughtful about keeping our children home until they're better to help reduce the spread of infectious disease."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.