



National Association of School Nurses

“Sick Day Guidelines: Making the Right Call When Your Child Has a Cold” Fact Sheet

Sick Day Guidelines

In a joint effort to help parents make the best choices for their children this cough and cold season, the National Association of School Nurses (NASN) and Triaminic® have partnered to create “Sick Day Guidelines: Making the Right Call When Your Child Has a Cold.”

The Sick Day Guidelines aim to provide parents with the key signs that they should consider keeping their child home from school, as well as tips for relieving cough and cold symptoms and helping to prevent a child from getting sick again. Through NASN, the Sick Day Guidelines, available in the form of a refrigerator magnet, will be distributed to approximately 14,000 school nurses who reach 16 million children and their families across the country. Because parents can’t always be there, school nurses are committed to supporting parents by helping kids stay healthy so they can be at school for optimal learning.

Facts about Cough and Cold Season

- ◆ According to the National Institute of Allergy and Infectious Diseases, on average, school-aged children get six to ten colds every year, and some 22 million school days are missed each year in the U.S. because of colds.
- ◆ Colds are the leading cause of doctor visits and missed school and work days and about \$230 million in job productivity is lost each year when parents and other caregivers miss work.

A nationwide study, conducted among 516 parents with children 4 – 14 by Penn, Schoen & Berland Associates on behalf of Triaminic®, found that:

- ◆ In the past year, three out of four parents (78 percent) faced at least one situation in which they were not entirely sure whether or not to keep their child home from school when he or she had cough or cold symptoms.
- ◆ 83 percent of parents worried that they may have sent their child back to school at least once before their child was fully recovered from his or her cough or cold.
- ◆ Three out of four (78 percent) parents say they would like information that helps them know when to keep their child home from school when he or she has a cough or cold.
- ◆ 79 percent of parents say that having information to help them understand the type of medication or treatment their child needs is important.

About National Association of School Nurses

The National Association of School Nurses supports the health and educational success of children and youth by developing and providing leadership to advance school nursing practice by specialized registered nurses. The organization consists of approximately 14,000 members who reach an estimated 16 million students across the United States. To learn more about NASN, please visit www.nasn.org or call 866-627-6767.

About Triaminic®

Triaminic® products are safe and effective when used as directed, and have been relieving children’s cough and cold symptoms for more than 50 years. Trusted by parents and caregivers, Triaminic® has a complete line of children’s cough and cold products that meet a variety of children’s – and parents – needs. For more information, please visit www.triaminic.com.