

## Diabetes: School Excuses and When to Stay Home

It's important to know when your child with diabetes should stay home from school. This guide goes over reasons to stay home and how to get a school excuse.

Diabetes generally shouldn't cause your child to have more sick days than other students. We want your child to be able to go to school.

### When to Keep Your Child Home

SHOULD stay home	MAY stay home
<ul style="list-style-type: none"> <li>• Treated with glucagon any time that day or the night before</li> <li>• Blood sugar less than 70 mg/dL per meter reading that required 3 or more treatments</li> <li>• Ketones with blood sugar less than 70</li> <li>• Ketones with vomiting regardless of blood sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Moderate to large ketones treated 2 times with no improvement</li> <li>• Moderate or large ketones and not feeling well</li> </ul>

### When Your Child Should Stay in School

SHOULD stay in school and NOT be sent home
<ul style="list-style-type: none"> <li>• High or low blood sugar that has been treated</li> <li>• Ketones, but feel fine and are not vomiting</li> </ul>

## Getting a School Excuse from Nationwide Children's Hospital

- The parent or legal guardian must call the endocrinology office **on the same day your child is missing school by 12 p.m. (noon)**. If you have to leave a message, say your name, your child's name, their date of birth, and a phone number where we can reach you. Also explain why you're asking for a school excuse. Please reach us at (614) 722-4425.
- A team member will only send an excuse when approved for one of the reasons listed on page 1.
- If your child has to miss more than 3 days in one school year for their diabetes, we will address these concerns. We may be able to problem-solve through a phone call. Sometimes another clinic visit may be needed before approving more school excuses.
- We will **NOT** give a school excuse for:
  - The day after ketones or illness has passed.
  - Any future days that your child might miss.
  - Illness not caused by diabetes. Call your child's doctor or health care provider.

### Some Things to Remember:

- Most of the time, ketones without vomiting can be treated at school. If not, call the endocrinology office on the same day.
- High and low blood sugar needs to be treated. There is not a set value for if your child should stay or be sent home from school.
- You will get a school excuse for the day of your child's diabetes clinic appointment.
- If your child is being sent home when it's not needed, talk to the school nurse or principal. Your child's diabetes doctor or care team can help you talk with the school if needed.

## 504 Plan or Individualized Education Plan (IEP)

If your child has a 504 plan and/or an Individualized Education Plan (IEP):

- They are not guaranteed an excuse to miss school. You still need to contact our clinic to get a school excuse.
- They will still need to make up any work they missed if they had a school excuse.