

Pediatric Associates of Western CT  
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The average child will become ill with multiple upper respiratory infections (URI) and other minor viral illnesses such as Coxsackie, Roseola, and Fifth's Disease in a given year.

These illnesses are self-limited and do not necessarily require a visit to the physician.

We expect children to attend school/daycare with mild URI symptoms and mild viral syndromes if they are without fever and are acting relatively well.

During influenza season, not all children will need to see the physician during their illness and many will not require treatment beyond supportive measures. The CDC advises that people be excluded from their usual activities for the duration of fever and for 24 hours after fever resolution. The cough and nasal discharge can persist for longer, though children should be allowed to attend school.

Please keep in mind that since it is not medically necessary to see children for mild illnesses, some children will be absent without a physician note.

It is not in a child's best interest to be seen in the office after they are well just for the purpose of a note.

Be advised that we cannot write an absence note for a child who was not evaluated in the office.

For patients who were evaluated in the office, the parents will supply a copy of their bill slip with the date of visit and diagnosis in lieu of a note.

For any further questions, please feel free to contact our office at 203-744-1680.

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