

# SICK DAY GUIDELINES



Should I keep my child home or send him or her to school?

- We ask that your child stays home if he or she:
  - Has a fever of 100.4 degrees or higher
  - Has been vomiting or has diarrhea
  - Has symptoms that keep your child from participating in school, such as:
    - Very tired
    - Persistent cough or frequent sneezing
    - Headache, body aches, or bad earache
    - Sore throat with another symptom such as a cough or fever- a 'little' sore may be ok for school, but a bad sore throat could be strep throat, even if there is no fever. Other signs of strep throat in children are a headache and upset stomach. Call your child's doctor if your child has these symptoms. A special test is needed to know if it is strep throat.
  - Keep your child home if he is coughing or sneezing often because this can spread sickness to others.

Remember the 24 hour rule:

- **Fever:** keep your child home until their fever has been gone without medicine for 24 hours. Illnesses can be contagious for several days. Returning to school too soon may slow recovery and can make others sick.
- **Vomiting or Diarrhea:** Keep your child home for 24 hours after the last time he or she vomited or had diarrhea.
- **Antibiotics:** Keep your child home until 24 hours after the first dose of antibiotic for illnesses such as strep throat or bacterial eye infections.

Remember:

- When children and adults come to school with illnesses, they can pass their sickness to others. Please help keep others from becoming sick by keeping your child home when they are sick.
- For more information, or if you have questions, please contact your school nurse.

