

SICK DAY GUIDELINES

Making the Right Call When Your Child Is Sick

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

Your child needs to **stay 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 or poor appetite
 - Cough that he/she cannot control or sneezing often
 - Headache, body aches, or earache
 - Sore Throat – a little sore throat is okay 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 stomach upset, or rash. Call your doctor if your child has these signs

24 Hour Rule:

- **FEVER:** Keep your child home until his or her **FEVER** has been gone **WITHOUT medicine for 24 hours**. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and 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 antibiotics** for anything like ear infection or strep throat.

We often have many children with colds coming to school, and each one is passing their sickness to others. Please help others from becoming sick by keeping your child home.

For more information, or if you have questions, please contact your child's school and ask to speak to the nurse.