



## Sick Day Guidelines:

### Making the Right Call When Your Child Is Sick:

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

School policy (and state law) requires a child **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 or she cannot control or sneezing often
  - Headache, body aches, or earache
  - Sore Throat—a little sore throat is 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 stomach upset, or rash. Call your doctor if your child has these signs. 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 spreads the sickness to others.**
- **Please notify the school nurse if your child is tests positive for the flu**



## REMEMBER THE 24 HOUR RULE!!



- **FEVER:** Keep your child home until his or her **FEVER has been gone WITHOUT medicine for 24 hrs**. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick. **IF your child has been sent home with a fever, they cannot return the next day!**
- **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 and adults 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 while the sickest.*

For more information, or if you have questions, please contact the School Nurse