



Sick Day Guidelines

Making the Right Call When Your Child Is Sick:

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

School Policy requires a child to **stay home** if he/she:

- ◆ Has a fever of 100.0 degrees or higher
- ◆ Has been vomiting or has diarrhea
- ◆ Has a skin rash that may be disease related or open draining skin sore that cannot be covered
- ◆ Has red and draining eyes
- ◆ Has symptoms that keep your child from participating in school, such as:
 - **Signs of the flu** – including fever, cough, stomach cramps, nausea, sore throat, body aches, fatigue, and dizziness
 - **Sore throat** - a minor sore throat is ok for school, but a severe sore throat could be strep throat, even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset, or rash. Call your doctor if your child has these symptoms.

24 Hour Rule

- ◆ **FEVER:** Keep your child home until his/her fever has been gone for 24 hours without medicine. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery or allow them to be exposed to other germs while they are still getting better. Sending them back to soon exposes other people unnecessarily to illness.
- ◆ **VOMITING or DIARRHEA:** Keep your child home for 24 hours after the last time he/she vomited or had diarrhea.
- ◆ **ANTIBIOTICS:** Keep your child home until after the first dose of antibiotic for anything like ear infection, strep throat or pink eye.
- ◆ **COUGHING/SNEEZING:** Keep your child home if coughing or sneezing frequently (especially if he/she does not consistently cover the cough/sneeze).

Our goal is to be proactive in keeping our students and community healthy!

Robin Fischer, Health Associate