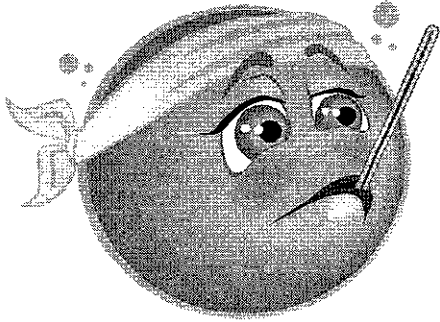


## Shade-Central City School District – Health Services



### 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?

A child should stay home if he or she:

- ◆ Has a fever of 101 degrees or higher
- ◆ Has been vomiting or has diarrhea
- ◆ Has symptoms that keep him or her from participating in school, such as:
  - Very tired or lack of appetite
  - Cough that he or she cannot control, sneezing often
  - Headache, body aches, or earache
  - 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, stomach upset, or rash. Call your doctor if your child has these symptoms. A special test is needed to know if it is strep throat.
- **Keep your child home until his or her fever has been gone for 24 hours without medicine.**
- **Keep your child home until 24 hours has passed since last vomiting or diarrhea episode.**
- **Keep your child home if he or she is coughing or sneezing frequently as he or she is spreading his germs to others.**
- **In the event of any bacterial infection, keep your child home until he or she has been on antibiotics therapy for 24 hours.**

Returning to school too soon may slow recovery and expose other people unnecessarily to illness.

*Thank you for doing your part to keep our school community healthy!*

For more information, or if you have questions,  
please contact Mrs. Damin, School Nurse.