

## When to Keep Your Child at Home

Please seriously evaluate your child's health and ability to be productive in school when he/she complains of headache, stomach pain, sore throat or cold symptoms—without fever. **Children often have no fever in the morning.** Temperatures may rise as the day progresses. If the ailment is a minor one, a day or two of rest at home may eliminate the symptoms. If the ailment is more serious, resting at home may help to prevent complications. In any event, **keep the sick child home for his or her benefit, and to prevent spread of germs to other students and staff.** The following signs and symptoms are forerunners of many different diseases:

- Fever (until fever-free for 24 hours without fever reducing medications)
- Chills
- Red, watery, or itchy eyes with or without discharge, and/or swollen eyelids
- Rash or skin eruptions anywhere on the body
- Abdominal pain
- Vomiting (no vomiting for 24 hours before return)
- Diarrhea (no diarrhea for 24 hours before return)
- Sore throat
- Enlarged glands
- Excessive coughing
- Body aches
- Stuffy or runny nose