



Sick Day Guidelines for Parents

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 degrees or higher
- ✍ Has been vomiting or has diarrhea
- ✍ Has symptoms that keep your child 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 little sore throat is okay for school, but a bad sore throat could be strep throat, even without a fever. Other signs of strep throat in children are a headache, upset stomach or rash. Call your healthcare provider if your child has these signs; a special test may need to be run to know if it is strep throat

✍ **PLEASE KEEP YOUR CHILD HOME FROM SCHOOL IF HE/SHE IS COUGHING OR SNEEZING OFTEN WITH FEVER BECAUSE THIS SPREADS THE ILLNESS TO OTHERS**

THE 24 HOUR RULE:



- ✍ **FOR FEVER:** Keep your child home until his/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.
- ✍ **FOR VOMITING OR DIARRHEA:** Keep your child home for **24 hours** after the LAST time she/he vomited or had diarrhea.
- ✍ **FOR ANTIBIOTICS:** Keep your child home until **24 hours** after the **FIRST** dose of antibiotic for anything like ear infection or strep throat.

PLEASE HELP PREVENT THE SPREAD OF ILLNESS BY KEEPING YOUR CHILD HOME WHEN THEY ARE SICK
PRACTICING GOOD HYGIENE IS THE FIRST LINE OF DEFENSE FOR STAYING WELL



FOR MORE INFORMATION PLEASE CONTACT YOUR SCHOOL NURSE