

## GUIDELINES FOR KEEPING SICK CHILDREN HOME FROM SCHOOL



Each day, many parents are faced with a decision: should they keep their sick children at home or send them to school?

The following guidelines should be considered when making this decision.

- **Fever:** if your child's temperature is 100 degrees or higher, he/she should remain at home. Child can return to school after he/she has been fever free for 24 hours without fever-reducing medicine such as Tylenol or Motrin.
- **Colds:** consider keeping your child home if he/she is experiencing discomfort from cold symptoms such as nasal congestion and cough. A continuous green discharge from the nose may be a sign of infection. Consider having the child seen by your health care provider.
- **Flu:** keep him/her home until symptoms such as a high fever, body aches, chills, congestion, and/or vomiting subsides.
- **Diarrhea/Vomiting:** child should stay home and can return to school only after being symptom free for 24 hours. Consider having the child seen by your health care provider if symptoms last for more than 1 day with cramping.
- **Conjunctivitis/Pink Eye:** child can return to school 24 hours after the first dose of prescribed medication or when a physician certifies he/she non-infectious.
- **Strep Throat/Scarlet Fever:** child is not contagious after he's been on physician-prescribed antibiotics for at least 24 hours.
- **Mononucleosis:** keep at home until fever free without fever-reducing medicine such as Tylenol or Motrin and child is able to resume normal activities.



Wash your hands!

Stop the spread!

Stay healthy!