

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

School policy requires a child stay home if he or she:

- Has a fever of 100.4 degrees or higher.
- Has been vomiting or has diarrhea.
- If s/he is coughing or sneezing often, because this spreads the sickness to others.
- Has symptoms that interfere with participating in school, such as:
 - Very tired or poor appetite
 - Headache, body aches, or earache
 - Sore Throat—a little sore throat is ok for school, but a bad sore throat could be strep throat, even if there is no fever. Other signs of strep throat in children are a headache and stomach upset, or rash. Call your doctor if your child has these signs. A special test is needed to know if it is strep throat

Remember the 24-hour Rule!



- **FEVER:** Keep your child home until his or 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.

IF your child has been sent home with a fever, they cannot return the next day!

- **VOMITING OR DIARRHEA:** Keep your child home for 24 hours after the **LAST** time he or she vomited or had diarrhea.
- **ANTIBIOTICS:** Keep your child home until 12 hours after the **FIRST** dose of antibiotics for anything like ear infection or strep throat.

We often have many children and adults with colds coming to school, and each one is passing their sickness to others. Please help others from becoming sick by keeping your child home while they are sick.

For more information, or if you have questions, contact the School Nurse.