

Sick Day Guidelines for Parents

Make the right call when your child is sick








School policy and state law require a child stay home if he or she:

- Has a fever of 100 degrees or higher
- Has been vomiting or had diarrhea
- Has symptoms that keep your child from participating in class, such as:
 - Very tired or lack of appetite
 - A cough that he/she cannot control
 - Frequent sneezing
 - Severe sore throat
 - Headache, body aches, earache

The 24 Hour Rule:

- **For fever:** Keep your child home until his or her fever has been gone WITHOUT medicine for 24 hours. Returning too soon may slow the recovery process and cause others to be sick as well
- **For vomiting or diarrhea:** Keep your child home for 24 hours following the last time they had diarrhea or vomited
- **Antibiotics:** Your child must be on antibiotics for at least 24 hours for treating infections before returning to school

I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100 degrees F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching, and/or pus draining from eye	Hospital stay and/or emergency room visit

I AM READY TO GO BACK TO SCHOOL WHEN I AM...

Fever free without the assistance of medication for 24 hours (i.e., Tylenol, Motrin, Advil)	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash, itching or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
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If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.