



## SICK DAY GUIDELINES

*Your child should stay home if he or she:*

- Has a fever of 100.4 degrees or higher
- Has been **vomiting** or has **diarrhea**
- Has symptoms that keep him/her from participating in school, such as:
  - Very tired or lack of appetite
  - Cough that he/she cannot control, sneezing often
  - Headache, chills, body aches, earache
  - Sore throat- a little sore is OK, 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 upset stomach, or rash. Call your doctor if your child has these signs. A special test is needed to know if it is strep throat.
- **Keep your child home if he/she is coughing or sneezing often because this spreads the sickness to others.**

### 24 HOUR RULE:

- **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.
- **VOMITING or DIARRHEA:** Keep your child home for 24 hours after the **LAST** time he/she **vomited or had diarrhea**.
- **ANTIBIOTICS:** Keep your child home until 24 hours after the **FIRST** dose of **antibiotic** for anything like an 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. Remember to wash hands and cover coughs and sneezes. Please help others from becoming sick by keeping your child home while the sickest.*

For more information, or if you have questions, please contact the school clinic or the Health Services office {386} 734-7190 Ext. 20448.

