



# Is My Child Too Sick To Go To School?

## A Guide for Parents to know when to keep students' home

**Students are expected to come to school however, if your student is at risk of getting others sick, they should recover at home.**

**FEVER** - temperature of 100 degrees Fahrenheit (38 degrees C) or higher. Students need to be fever free for 24 hours before returning to school WITHOUT medications to reduce the fever.

**SORE THROAT** - pain, scratchiness, irritation of the throat, often worsens when swallows, accompanied by other cold-like symptoms. A diagnosis of strep throat may return to school after 24 hours of antibiotics.

**COUGH** - persistent or productive cough, new or worsening.

**STUFFY/RUNNY NOSE** – frequent sniffing or mouth breathing, accompanied by other cold-like symptoms.

**EYES** - eyes crusty, bright red and/or discharging yellow or green fluid.

**DIARRHEA** – unexplained watery stool. Students should stay home for 24 hours after the last watery stool.

**VOMITING** – if your child is vomiting they need to stay home. Student should stay home for 24 hours after the last time they vomited.

**RASH** - bothersome body rash, especially with fever or itching.

**INJURY/SURGERY** - if students are unable to concentrate due to pain or side effects from medication, they should stay home. Letting the school nurse know in advance of any planned surgery is helpful.

**STILL HAVE QUESTIONS** about whether or not your student is healthy enough to come to school? Contact the school nurse.

**Keeping ill students at home, encouraging frequent hand washing, and covering coughs protects everyone.**

