



WHAT TO DO IF YOU DON'T FEEL WELL



CHECK YOUR SYMPTOMS

Students and staff should stay home when they are not feeling well and stay home until they feel better. Please stay home if you have these symptoms:

- Vomiting
- Diarrhea
- Sore throat
- Cough (new or worsening)
- Fever 100.4+ or chills
- Muscle or body aches
- Loss of smell/taste

**FOR ADDITIONAL HEALTH GUIDANCE,
VISIT THE STUDENT HEALTH SERVICES
PAGES OF [EPHRATASCHOOLS.ORG](https://www.ephrataschools.org)**



24-Hour Rule

Returning to school too soon may slow recovery and make others sick.

FEVER: Stay home until the fever has been gone without medication for 24-hours

VOMITING or DIARRHEA: Stay home for 24-hours after the last time you vomited or had diarrhea.

If your child has been sent home with any of these symptoms, we expect they will be absent the next day too.



Once you feel better:

You may return once 24 hours fever, vomit and diarrhea free (without use of medication) and all other symptom(s) significantly improved.

