



**TIGER CUB  
PRESCHOOL**

# 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 keep the following symptoms in mind:

- Vomiting
- Diarrhea
- Sore throat
- Rash
- 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](http://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.

RASH: Stay home for 24-hours after the rash disappears or sooner with a note from your medical provider.

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, rash, vomit and diarrhea free (without use of medication) and all other symptom(s) significantly improved.



**EPHRATA  
SCHOOL DISTRICT**

**REPORT ALL ABSENCES TO YOUR  
CHILD'S SCHOOL**