



KEEP ME HOME IF...

I have a temperature of 100.4°F or higher



- I'm younger than 2 months; OR
- I'm older than 2 months **AND have other illness symptoms** (rash, sore throat, earache, headache, vomit, diarrhea) or are **just not feeling well**

I'm vomiting



2 or more times in 24 hours

I have diarrhea



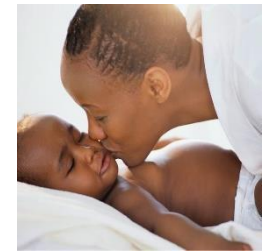
- 2 loose/watery stools more than normal for child in 24 hours; OR
- Any blood or mucus in stool

I have a rash, sores, lice, ringworm, or scabies



- Body rash (not related to allergic reaction, diapering, or heat)
- Oozing open sores or wounds
- Mouth sores with drooling
- Untreated head lice, ringworm, or scabies

I'm not feeling well



- Unusually tired
- Low activity level
- Lack of appetite
- Cranky/fussy
- Crying more than normal
- Unable to keep up with program activities

I may have a respiratory virus, such as COVID-19, influenza (flu), or respiratory syncytial virus (RSV)....

Stay home and away from others if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include:

- Fever
- Fatigue
- Runny nose
- And more.
- Chills
- Cough
- Headache

You can go back to your normal activities when both of the following have been true for at least 24 hours:

- Your symptoms are getting better overall, and
- You have not had a fever (and are not using fever-reducing medication).

Nobody likes to get sick. Keeping your child home when they are sick helps teachers, children, and other families from getting their germs.

Other things you can do to stay healthy:

- Wash your hands
- Stay up to date on your vaccinations, including COVID-19 and flu

