



Sick Day Guidelines

Should I keep my child home or send him or her to school?

Your child must stay home if he or she:

- ✓ Has a temperature of 100 or higher
- ✓ Has been vomiting
- ✓ Has diarrhea

Has symptoms that prevent him or her from participating in school such as:

- ✓ Excessive tiredness or lack of appetite
- ✓ Productive or excessive coughing
- ✓ Headache, body aches or earache
- ✓ Sore throat: A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and upset stomach. Contact child's doctor.

If your child has been sent home because of a fever, vomiting, diarrhea, or a contagious illness, you must keep your child home for a minimum of 24 hours. In order for the child to return he or she must be fever-free for 24 hours without medication, in addition to having no vomiting or diarrhea for at least 24 hours. Colds may be contagious for at least 24 hours. Returning to school may slow the recovery process and expose others unnecessarily to illness.

How do I make my child feel better?

- ✓ Make sure your child gets plenty of rest and put limits on TV watching
- ✓ Encourage fluids like water, soup, juice and ice
- ✓ Help your child relax by reading him a story and giving him plenty of TLC
- ✓ Consider using a cool humidifier
- ✓ Check with child's doctor prior to using children's cough and cold medications. Be sure to follow and read the directions carefully and give the exact recommended dose for the child.

How can I prevent my child from getting a cold?

- ✓ Teach your child to wash his or her hands frequently using plenty of soap and water. Proper hand washing takes about 20 seconds so have your child sing "Happy Birthday" two times which takes about 20 seconds.
- ✓ Teach your child to cover coughs and sneezes with tissue or their sleeve.
- ✓ Keep child's environment tobacco free.
- ✓ Try to minimize the time your child spends with other children who have cough or cold symptoms.
- ✓ Pack easy-to use disinfecting wipes in child's back pack to use while in school.
- ✓ Keep all surfaces like door knobs, phones, remote controls, keyboards, and toys clean.
- ✓ Serve a balanced diet with lots of fruits and vegetables.
- ✓ Encourage child to drink water and other non-sugary or soda type drinks.