

When to Keep your Child Home with an Illness

It is expected that children will experience illness during the school year, especially during the peak of cold and Flu season. According to the CDC and AAP, keeping your child home when actively sick can help reduce the risk of spreading infections at school. Additionally, if a child's needs while sick would interfere with the instructional process for your child or your child's classmates, then the child should stay home.

Please keep your child home from school and contact your child's healthcare provider for:

- Fever greater than 100.4°F (taken by mouth), including fever with a new rash
- Vomiting more than twice in the preceding 24 hours
- Diarrhea that causes "accidents", is bloody, or results in greater than 2 bowel movements above what your child normally experiences in a 24-hour period
- Severe sore throat along with fever and feeling ill for more than 48 hours, or after exposure to Strep throat infection
- Skin sores/lesions that are draining fluid, especially those that aren't able to be covered with a bandage
- Respiratory virus symptoms that are worsening or not improving
- Large amounts of mucous (liquid) from their nose, with facial pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever

Children who have improvement in their symptoms and are well enough to engage in the learning process can generally return to school, please refer to "Returning your Child to School Following an Illness" guidance document as well as your child's health care provider's instructions. **Please also alert your child's school nurse when your child is home due to illness so the nurse can illness monitor, properly notify school contacts of contagious diseases, advise on medical follow-up, and provide return to school guidelines.**

CDC and AAP, 10/2024

