



Sick Day Guidelines:

Making the Right Call When Your Child Is Sick:

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

School policy requires a child **stay home** if he or she:

- Has a **fever** of 100° Fahrenheit (37.8° Celsius) or higher
- Has been **vomiting** or has **diarrhea**
- Has symptoms that keep your child from participating in school, such as:
 - Very tired or poor appetite
 - Cough that he or she cannot control or sneezing often
 - Headache, body aches, or earache
 - Sore Throat—a little sore throat is ok for school, but a bad sore throat could be **strep throat**, even if there is no fever. Other signs of strep throat in children are a headache and stomach upset, or rash. Call your doctor if your child has these signs. A special test is needed to know if it is strep throat
- Keep your child home if he is coughing or sneezing often because this spreads the sickness to others.



Remember the 24 Hour Rule

FEVER: Keep your child home until his or her FEVER has been gone WITHOUT the use of fever reducing medicine for 24 hours.

If your child has been sent home with a fever, they cannot return to school the next day. Fever is a temperature of 100° Fahrenheit (37.8° Celsius) or higher.

VOMITING OR DIARRHEA: Keep your child home for 24 hours after the LAST time he or she vomited or had diarrhea.

ANTIBIOTICS: Keep your child home until 24 hours after the FIRST dose of antibiotic.