When to Keep Your Child Home from School or Child Care

Below are suggestions for when to keep your child home when they are not feeling well. Contact a health care provider if your child needs medical care. A doctor's note is generally not required to return to school or child care. For more information, please visit the CDPH guidance page.

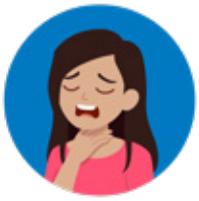


Symptom of Illness	When should my child stay home and when can they return?
 **Overall, not feeling well**	**STAY HOME IF** any new illness or symptom prevents a child from participating meaningfully in routine activities.
 **Fever**	**STAY HOME IF** a fever is of 100.4°F (38°C) or higher. **RETURN WHEN** fever went away over the night and is gone in the morning without the use of medications such as Tylenol®, Advil®, or Motrin® (acetaminophen or ibuprofen).
 **Vomiting**	**STAY HOME IF** vomiting has occurred 2 or more times in 24 hours. **RETURN WHEN** vomiting has ended overnight, and your child is able to hold down liquids and food. Recommend frequent handwashing.
 **Diarrhea**	**STAY HOME IF** your child's stool is likely to leak from the diaper, or if they are unlikely to make it to the toilet in time (if potty trained). If the stool looks bloody or black, seek medical attention. **RETURN WHEN** improving. Recommend frequent hand washing.

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CDPH California Department of PublicHealth

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	**Sore throat**	**OK TO ATTEND WITH MILD SYMPTOMS.** Please consider wearing a mask if age 2 years or older. **STAY HOME AND SEEK MEDICAL ATTENTION** for difficulty breathing or swallowing, or continuous drooling. **RETURN WHEN IMPROVING.** If an antibiotic is prescribed, take the first dose at least 12 hours before returning.
	**Cold symptoms, such as cough, stuffy/runny nose, sneeze**	**OK TO ATTEND WITH MILD SYMPTOMS.** Please consider wearing a mask if age 2 years or older. **STAY HOME AND SEEK MEDICAL ATTENTION** for severe symptoms, including a bad cough, difficulty breathing or trouble catching their breath, or wheezing when not controlled by medication (like albuterol). **RETURN WHEN IMPROVING.** If your child will need medication after returning, contact the site to let them know.
	**Ear or eye irritation, including pink eye**	**OK TO ATTEND WITH MILD SYMPTOMS.** Recommend frequent handwashing. **STAY HOME AND SEEK MEDICAL ATTENTION** for difficulty seeing or hearing, an eye injury, or pain they cannot tolerate.
	**Rash**	**OK TO ATTEND WITH MILD SYMPTOMS.** **STAY HOME AND SEEK MEDICAL ATTENTION** if rash is worsening, causing pain, has blisters, or is not healing. **RETURN WHEN IMPROVING** or as guided by health care provider. In general, for conditions such as lice, impetigo, ringworm, scabies, and pinworms, your child may return as soon as they start appropriate treatment.