

When is sick too sick for school?

A regular attendance routine is important for your child's well-being and learning. The following can help you decide when to keep your child home when they don't feel well.



SEND ME TO SCHOOL IF...



- I have a runny nose or mild cough without other symptoms.
- I have a mild stomachache but am otherwise feeling well.
- I have **not vomited for at least 24 hours** and can keep liquids down.
- I have eye drainage w/out fever, eye pain, or redness/swelling of eyelid.
- I am able to participate comfortably in school activities.
- I have started antibiotics for an illness (such as strep throat, conjunctivitis) & have been on medication **for at least 24 hours**, if directed by my healthcare provider.
- I have an occasional cough related to allergies or a known condition & feel well.
- **I have been fever-free for at least 24 hours without fever-reducing medication.**

KEEP ME AT HOME IF...



- I have a **temperature of *100°F or higher**.
- I have vomited within the past 24 hours and the cause is unknown or illness-related.
- I have a **new, persistent cough** that is not related to allergies or known condition
- I have started antibiotics for a contagious illness and have not yet completed 24 hours of treatment
- I feel too ill, tired, or uncomfortable to participate in school activities.
- I have symptoms that require more care than school staff can provide.
- I have **diarrhea that is frequent, difficult to control**, or I may not make it to the bathroom

PLEASE SEEK MEDICAL CARE IF...



- I have a fever along with: ear/tooth pain, sore throat, rash, stomach pain, headache
- I have a persistent cough, difficulty breathing, or fever with a cough.
- I have eye swelling, eye pain, sensitivity to light, or an eye injury.
- I have stomach pain with fever, bloody or black stool, signs of dehydration (dry mouth, unusual sleepiness, dizziness), or have not urinated in 8 hours.
- I have a rash that: has blisters, is draining, is painful, looks like bruising or occurs with fever

*If you are unsure whether your child should attend school, have concerns about your child's physical or mental health, or believe your child may spread an illness, please contact your child's healthcare provider, a local urgent care center, or school nurse for guidance. **Additional guidelines can be found in the [Family/Student Handbook](#).***

**Plainville district uses a fever threshold of 100°F to help reduce the likelihood of symptomatic children remaining in school.*

Jackson School Nurse:
1(508) 699-1321



Wood School Nurse:
1(508) 699-1328

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