



Department of Health Services

Sick Day Guidelines for Families

When Should I Keep My Child Home from School?

To help maintain a safe and healthy learning environment for all students, please keep your child home if they are experiencing any of the following symptoms:

- Fever of 100.4°F or higher
- Significant respiratory symptoms, such as a persistent or heavy cough, green nasal discharge, or chest congestion. *Families are encouraged to consult their medical provider when respiratory illness is suspected.*
- Sore throat accompanied by fever and/or behavioral changes, *until a healthcare provider determines it is not a communicable illness.*
- Diarrhea or vomiting within the past 24 hours, *unless symptoms are due to a non-communicable condition and the child is not at risk of dehydration)*
- Abdominal pain lasting more than two hours, or recurring pain accompanied by fever or other symptoms
- Mouth sores w/ drooling, *unless a healthcare provider confirms the child is not infectious*
- Rash with fever or behavioral changes, *until evaluated by a healthcare provider and deemed non-communicable.*
- Skin sores with weeping fluid on an exposed area that cannot be covered with a waterproof dressing
- Eye drainage that is profuse, discolored, or thick

When Can My Child Return to School?

Your child may return to school when symptoms have significantly improved, they feel well enough to participate in learning activities, and the following criteria are met:

- Fever-free for at least 24 hours without the use of fever-reducing medication
- No episodes of vomiting or diarrhea for at least 24 hours
- Rashes have been assessed by a healthcare provider, and a note is provided to the school nurse with clearance to return
- Antibiotics, if prescribed, have been taken for at least 12–24 hours, depending on the illness

Please note: School nurses reserve the right to send home any student who displays signs of illness or injury. To ensure timely care, please keep your contact and emergency information in Aspen up to date and have a plan in place for your child to be picked up within 30 minutes if they become ill during the school day.

These guidelines are based on recommendations from the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and state and local public health departments, and are subject to change.