When is sick too sick for school?

A regular attendance routine is important for your child's wellbeing and learning. These tips 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 just a little cough, but no other symptoms.
- I have NOT had a fever overnight and have NOT taken fever reducing medicine during that time.
- I have a mild stomach ache.
- I have not thrown up overnight and can drink liquids without throwing up.
- I have a mild rash and no other symptoms.
- I have eye redness WITHOUT drainage, fever, eye swelling, eye pain

KEEP ME AT HOME IF:

- I have a temperature higher than 100.0°F
- I have thrown up two or more times in the past 24 hours.
- My stool is watery and I may not make it to the bathroom in time.

SEEK MEDICAL CARE IF:

- I have a temperature higher than 100.0°F AND any of the following: ear pain, sore throat, rash, stomachache, headache or tooth pain.
- I have stomach pain and fever, I have bloody or black stool, or I am dehydrated (tired and sleepy, dry mouth) and/or I have not urinated in the last 8 hours.
- I have a persistent cough or trouble breathing, or have a fever with the cough.
- I have eye swelling, eye pain, eye discharge, or an eye injury.
- I have a rash that has blisters, is draining, is painful, looks like bruises, and/or I have a fever with the rash.



REMEMBER THE 24 HOUR RULE:

- **FEVER:** Keep your child home until his or her FEVER has been gone **WITHOUT** fever reducing medicine for 24 hrs.
- **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 for anything like ear infection or strep throat.