



Is My Child Too Sick for School Today?

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

School policy requires your student **stay home** if he or she:

- Has a **fever of 100.0 degrees** or higher
- Has been **vomiting** or has **diarrhea**
- Has symptoms which keep your child from participating in school:
 - Very tired or poor appetite
 - Cough that he or she cannot control/sneezing often. Keep your child home if he is coughing or sneezing often because this spreads the sickness to others.
 - Sore throat - for more than one day and with other symptoms. Strep throat can occur without a fever. Signs of strep include a headache, stomach upset and/or a rash. Call your physician if your child has these signs along with a sore throat.

Please notify the school nurse if your child tests positive for the flu.

Remember the 24 hour Rule!

- **Fever** - Keep your child home until his/her fever has been gone without the use of medicine for 24 hours. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery. **If your child has been sent home with a fever, they cannot return the next day.**
- **Vomiting or Diarrhea** - Keep your child home for 24 hours after the LAST time he/she vomited or had diarrhea.
- **Antibiotics** - Keep your child home until 24 hours after the FIRST dose of antibiotics for ear infection, strep throat, skin rashes, etc.

Please help others by keeping your child home while they are the sickest.

For more information, or if you have questions, please contact a School Nurse.