

Sick Day Guidelines

Making the Right Call When Your Child is Sick

School requires a child to stay home if he or she:

- *Has a fever of 100.0 or higher
- *Has been vomiting or has diarrhea
- *Has symptoms that keep your child from participating in school such as:
 - Very tired or lack of appetite
 - Cough that he or she can't control
 - Headache, body aches, or earache
 - Sore throat

24 hour rule:

***FEVER:** Keep your child home until he or she is fever free without the use of fever reducing medications for 24 hours. Returning to school too soon may slow down recovery and make other students ill.

***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 or as directed by your physician.

If your child has been diagnosed with influenza, please keep your child home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medication.

Flu symptoms include:

Fever, headache, chills, cough, body aches, congestion, sore throat, runny nose, fatigue, vomiting and diarrhea (more common in children than adults)

Thank you for making sure your child is ready to return to school! If you have any questions, feel free to contact the school.

Thank you,
Elizabeth Shirley
School Nurse