

# Sick Day Guidelines

## Should I keep my child home or send him/her to school?

Keeping your child home is advised if he or she is having illness symptoms that would prevent him or her from participating in school. For additional information, please contact your school nurse.

### You should keep your child home from school if he or she:

Has a **fever** of 100 degrees or higher

- Has been **vomiting**
- Has had **diarrhea**
- Has very **red, irritated eyes** with drainage, crusting or pain.
- Has a **rash** of unknown origin that has not yet been evaluated by a medical provider
- Has a severe **sore throat**
- Has a constant or productive **cough** that may be accompanied by headache and body aches

### 24 Hour Rule:

**FEVER:** Keep your child home until his/her fever has been gone **without the aid of fever-reducing medication** for 24 hours.

**VOMITING OR DIARRHEA:** Keep your child home for 24 hours after the last time he or she has vomited or had diarrhea and is eating a normal diet.

**ANTIBIOTICS:** Keep your child home at least 24 hours after the first dose of antibiotic.

### Illness Prevention

- Hand washing prevents the spread of disease and illness. Wash hands frequently using soap and water, especially before eating, after using the bathroom and after handling pets.
- Keep your child's immunizations up-to-date.
- Make sure he/she has routine well-child exams.
- Flu vaccinations are recommended for everyone from children age 6 months through adult.

### Teach your child to do the following when ill:

- Cough and sneeze into their elbow.
- Wash hands often with soap and water, especially after coughing or sneezing.
- Avoid touching their eyes, nose and mouth as that can spread germs.
- Stay home until recovered to prevent exposure to others.

### How can I help my child feel better:

- Encourage plenty of rest
- Encourage increased fluids like water, soup, juice and ice.
- Limit TV watching

Returning to school too soon may delay recovery from illness and may potentially expose others. Please consult with a health care provider or your school nurse for more information.