

**PANDEMIC (Covid-19) SICK DAY GUIDELINES (based on CDC and subject to change):** Keeping your child home is advised if he or she is having illness or symptoms that would prevent him or her from participating in school. For additional information, please contact your school nurse.

**When calling your child in sick, please include the following information:** symptoms, fever, if they have been tested for anything, and any confirmed results.

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

- Has a fever of 100 degrees or higher
- Has been vomiting
- Has muscle, body aches or fatigue from unknown cause
- 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

**If your child has any Covid symptoms, it is recommended that they be tested for Covid or see their primary care provider. No student should be at school if they have a pending COVID test.**

**Covid Symptoms**

• Fever or chills	• New loss of taste or smell
• New Cough	• Sore throat
• Shortness of breath or difficulty breathing	• Vomiting
• Fatigue from unknown cause	• Diarrhea
• Muscle or body aches	• New onset of Headache

**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.