

When Should My Sick Child Stay Home?

Sick children belong at home. Here are some guidelines to make your decision easier.

FEVER... A fever is a warning that all is not right with the body. The child may have an illness that can be passed on to others. A child with a fever **GREATER than 100 degrees F** should not be sent to school. They should not return until they are **fever free for 24 hours (without the use of fever-reducing medications such as Tylenol or Motrin).**

COLDS/SORE THROATS/COUGH.... A child with a cold, having a lot of **congestion** and a **hacking cough** belongs at home, even without a fever. Children with **strep throat** need to be on **antibiotics** for **24 hours** before returning to school.

RASHES..... A rash might be the first sign of a childhood illness. All rashes are considered contagious unless a doctor states otherwise. **DO NOT send your child to school with a rash.**

DIARRHEA.... Diarrhea is a bowel movement that is watery or looser than normal for a child. If your child has **more than one** loose stool in a day, they should be kept at home and not sent to school until they are 24 hours without symptoms.

VOMITING.... Keep your child home until they can keep their food down for **at least 8 hours and have not vomited for 24 hours.** If your child awakens with an upset stomach, try breakfast and give them a couple of hours before you have them at school.

INFORMING THE SCHOOL.... If your child goes to the doctor, write down the following information for the school:

- the name of the illness
- is it contagious to others

Thank you for your cooperation in keeping our school a healthy place to be for your children. Our goal... a healthy child in every seat!



