



Sick Day Guidelines: Making the Right Call When Your Child is Sick

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

School guidelines advise a child **stay home** if he or she:

- Has a **fever** of 100 degrees or higher
- Has been **vomiting** or has **diarrhea**
- Has a very **red, irritated eye/eyes**
- Has a **rash** not evaluated by a medical provider
- Has a severe **sore throat**
- Has head **lice or nits**
- Has symptoms that keep your child from participating in school, such as:
 - Very tired or lack of appetite
 - Deep or uncontrollable cough
 - Severe pain from ear ache, stomach ache, body aches, or headache
- **Keep your child home if he/she is coughing or sneezing often because this spreads the sickness to others.**

24 Hour Rule:

- **FEVER:** Keep your child home until his/her **FEVER has been gone WITHOUT medicine 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.**

We often have many ill children and adults coming to school, and each one is passing their sickness to others. Please help others from becoming sick by keeping your child home while the sickest.