



Keeping Sick Students HOME!

Deciding when a child is too sick to go to school and to after-school programs can be a difficult decision for parents to make. When trying to decide, use these guidelines:

Go To School

If your child has any of the following symptoms, they can go to school:

- Sniffles, a runny nose and a mild cough without a fever (this could be a mild allergic response to dust, pollen, or environmental triggers).
- Vague complaints of aches, pains or fatigue
- Single episode of diarrhea without any other symptoms
- Ear infection with no fever.

Stay home from school AND from after school activities

If your child has any of the following symptoms, please keep your child at home, or make appropriate child care arrangements.

EYES: Thick mucus or pus draining from the eye, or pink eye diagnosed.

FEVER: Temperature of 100.5 degrees Fahrenheit or higher. Remember that a child **must be fever free for 24 hours before returning to school.** Fever free *without* using acetaminophen.

NOSE DISCHARGE/CHRONIC COUGH: Greenish discharge from nose; cough with greenish phlegm

SORE THROAT: With 100.5 F fever or swollen glands in the neck.

DIARRHEA: 2 or more watery stools in a 24 hours period.

VOMITING: Vomiting 2 or more times within the past 24 hours, or 1 vomit with fever of 100.5 F.

RASH: Body rash with fever of 100.5 F.

CHICKEN POX: Stay at home for 5 days after blisters form, until all pox are scabbed over and dry.

IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS WHILE AT SCHOOL, YOU WILL BE CALLED TO PICK YOUR CHILD UP FROM SCHOOL.

- Bringing a child to school and to after school programs with any of the above symptoms puts other children and staff at risk of getting sick. This can mean more lost days and more illness for parents and students.

REMEMBER:

Wash hands
frequently

Cover your cough!

Stay home if
you're sick

Have a healthy
year!