

## Sick Day Guidelines:

### Making the Right Call When Your Child is Sick:

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

School policy (based on CDC recommendations) requires a child **stay home if he or she has:**

- Has a **fever** of **100.4** or higher
- Has been **vomiting** or has **diarrhea** (within 24 hrs)
- **Sore throat** if you suspect a strep infection, even if there is not fever.
- Drainage from an ear or eye (may indicate infection)
- Severe cough that may be uncontrollable.
- Frequent sneezing and coughing. This spreads sickness to others.

#### 24 Hour Rule:

- **Fever:** Keep your child home until his or her **FEVER has gone WITHOUT medicine for 24 hours**. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick.
- **Vomiting or Diarrhea:** Keep your child home for 24 hours after **last time he or she vomited or had diarrhea.**
- **Antibiotics:** Keep your child home until 24 hours after **the First dose** of antibiotic for anything like ear infection, strep, or pneumonia.

Please consult your doctor promptly if there is any doubt about the condition of your child. Follow the directions from your child's physician or school nurse before sending your child back to school following a communicable disease. The nurse may ask for a note from your child's pediatrician upon returning to school. Whenever possible, the school nurse will notify parents of a communicable disease incidence as appropriate.

Thank You for Your Consideration!

