



TOO SICK FOR SCHOOL??

When making the decision whether or not to send your child to school, please consider the following.

- **Fever:** Temperature of 100 degrees Fahrenheit or higher is defined as fever. Your child should stay at home. He/she should not return to school until fever-free for 24 hours without the use of fever-reducing medications.
- **Cold Symptoms:** While less serious than the flu, the common cold can be very bothersome and is contagious. If your child displays a combination of cold symptoms (runny nose, stuffy nose, watery eyes, coughing, sneezing), you should consider keeping him/her home. To help prevent the spread of the common cold, teach your child to wash his/her hands frequently using plenty of soap and warm water and to cover coughs and sneezes with a tissue or their arm.
- **Reddened Eye(s) with discharge or dried discharge:** If your child wakes up and you note reddened eye(s) with purulent discharge or dried up discharge, he/she may have bacterial conjunctivitis. He/she should be kept at home and should not return to school until you have consulted with your medical provider. If bacterial conjunctivitis is confirmed, the child should remain at home until he/she has received at least 24 hours of antibiotic treatment.
- **Sore Throat:** A child with a sore throat that impedes eating or speaking accompanied by visible pustules, redness, and/or swollen glands, should stay at home. If your child is diagnosed with strep throat, he/she should not return to school until after at least 48 hours of antibiotic treatment. Please provide a return to school note from your medical provider.
- **Vomiting:** If your child is vomiting, he/she should stay at home. He/she should not return to school for at least 24 hours following the last episode of vomiting and should be able to tolerate fluids and food.
- **Diarrhea:** A child with diarrhea should stay at home. He/she should not return to school for at least 24 hours following the last episode of diarrhea and should be able to tolerate fluids and food.
- **Rashes:** A rash which covers an extensive area of your child's body should be considered contagious. He/she should stay at home until you have consulted with your medical provider. Please obtain a return to school note.
- **Flu Symptoms:** The flu can be serious! It typically comes on suddenly with symptoms such as high fever, chills, headache, body aches, earache, nausea, vomiting, and dry cough. If you think your child has the flu, he/she should stay at home and not return to school until symptoms have subsided and he/she has been fever-free for at least 24 hours without the use of fever-reducing medications. Consult with your medical provider as to the best way to treat your child.