



## **WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL**

Deciding when to keep a sick child at home from school is not always easy. It's important for children to attend school. But when a student is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading illness to other children and staff.

Remember to update the school office with your current phone numbers so you can be reached if your child becomes ill at school.

Please follow these guidelines to help you decide when to keep your student at home:

1. **Fever** over 100<sup>o</sup> F. The student must be fever free for 24 hours without fever reducing medications before returning to school.
2. A child with heavy **cold** symptoms such as a deep or uncontrollable cough or significant lack of energy belongs at home even without a fever.
3. A child with **flu-like symptoms (fever and cough)** must stay home from school for at least 24 hours after they no longer have a fever without the use of fever reducing medicines.
4. **Diarrhea / vomiting:** Children who have vomited or had diarrhea should be kept at home and should return to school only after being symptom-free for 24 hours.
5. **Pink eye:** Keep your child at home until evaluated by a medical provider and treated for at least 24 hours.
6. **Rashes:** do not send a child with a rash until a medical provider has said it is safe to do so.
7. **Sore Throat:** keep a child at home and contact a medical provider for severe sore throat, if white spots are seen in the back of the throat, with or without a fever. A child diagnosed with strep throat can return to school 24 hours after antibiotic treatment has been started.

**REMEMBER: WASH YOUR HANDS OFTEN TO HELP YOU STAY HEALTHY!!**