



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?

Your child should stay home if he/she:

- ◆ Has a fever of 100.4 degrees or higher (may return when fever free for 24 hours without taking Tylenol or Advil)
- ◆ Has been vomiting or has diarrhea (may return 24 hours after last episode)
- ◆ Red or pink itchy eyes with crusty and/or green/yellow drainage. Call your doctor as these are signs of conjunctivitis. (May return to school when no drainage and/or on medication for a full 24 hours.)

- ◆ Has symptoms that keep him or her from participating in school, such as:
 - **Very tired or lack of appetite**
 - **Cough that he or she cannot control or is sneezing often** (this spreads the sickness to others)
 - **Headache, body aches, or earache**
 - **Sore Throat**—a minor sore throat is okay for school, but a severe sore throat could be **strep throat**, even if there is no fever. Other symptoms of strep throat in children are headache, stomach upset, or rash. Call your doctor if your child has these symptoms. If your child is diagnosed with strep throat, he or she may return to school once on antibiotics for full 24 hrs.