

## Sick Day Guidelines:

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

School directives require a child **stay home** if he or she:

- Has a **fever** of **100.0** degrees or higher
- Has been **vomiting** or has **diarrhea**
- Has symptoms that keep your child from participating in school, such as:
  - Very tired or poor appetite
  - Cough that he or she cannot control or sneezing excessively
  - Headache, body aches, or earache
  - Sore Throat-a little sore throat is ok for school, but a bad sore throat could be **strep throat**, even if there is no fever. Other signs of strep throat in children are a headache and stomach upset, or rash. Call your doctor if your child has these signs. A special test is needed to know if it is strep throat.
- **Keep your child home if he or she has uncontrolled coughing or sneezing because this spreads the sickness to others.**
- **Enforce the need for good handwashing and covering coughs with your arm.**

## 24 Hour Rule

- **FEVER:** Keep your child home until his or her **FEVER has been gone WITHOUT medicine for 24 hours**. Returning to school too soon may slow recovery and make others sick.
- **VOMITING OR DIARRHEA:** Keep your child home for **24 hours** after the **LAST** time he or she **vomited or had diarrhea**.
- **ANTIBIOTICS:** Keep your child home until 24 hours after **the FIRST dose of antibiotics**

As a way to keep illness from spreading between students, please respect the general 24 hour rule listed above. If you have questions or concerns please contact Shauna Cronk, RN, Licensed School Nurse, 320-679-6200 ext. 7018. **Assuming no additional symptoms, earliest return to school would be:**

Student name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

***\*If your student has attendance concerns, please be mindful of this as well. Discuss your concerns with the Principal or School Nurse\****

