



Pinckneyville High School Sick Day Guidelines

Making the Right Call When Your Student is Sick

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

Centers for Disease Control & Prevention (CDC) recommends a student stay at home if he or she:

- Has a fever of 100.0 or higher
- Has been vomiting or has diarrhea
- Keep your student home if he or she is coughing or sneezing often because this spreads the sickness to others.

24 Hour Rule:

- **FEVER:** Keep your student home until his or her **FEVER has gone WITHOUT medicine for 24 hrs.** Colds and Flu can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick.
- **VOMITING and DIARRHEA:** Keep your student home for 24 hours after the **LAST** time he or she **vomited or had diarrhea.**
- **ANTIBIOTICS:** Keep your student home until 24 hours after the **FIRST** **dose of antibiotic** for anything like ear infection or strep throat.

We often have many students and adults with colds coming to school, and each one is passing their sickness to others. Please help others from becoming sick by keeping your student home while they are the sickest.

For more information, or if you have questions, please contact the School Nurse:

**Lindsey Queen – 357-5013 ext. 160 or
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