# C:\Users\Lori.Brown\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\K6P8QCKZ\MC900360982[1].wmf Sick Day Guidelines

## Making the Right Call When Your Child is Sick:

A child should stay home from school if he/she has:

* A fever of 100 degrees or higher
* Been vomiting or has the diarrhea
* Symptoms that keep him or her from participating in school, such as:

+Extreme fatigue or lack of appetite

+A cough that cannot be controlled by cough syrup or cough drops; could be bronchitis.

Bronchitis may require a physician’s visit to help with recovery.

+**Severe-** headache, body aches or earache

+**Severe-**Sore throat; could be strep throat, even if there is no fever

Symptoms that can also be seen with strep throat in children are headaches, stomach upset and/or a skin rash. Strep throat is diagnosed by your child having a throat swab in your health care provider’s office.

You should keep your child home until his/her fever has been gone for 24 hours without the use of medications. A child who returns to school too soon may slow his/her recovery and expose other students unnecessarily to illness.

You should keep your child home until 24 hours after the last vomiting or diarrhea episode to give your child time to recover completely and to not expose other children to illness.

In the school setting, illness can be spread easily and quickly. Please help others from becoming ill by keeping your child home during the worst of his/her illness.

If you have any questions about your child’s health, please contact me at the school:

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