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

School guidelines advise a child stay home if he or she:

- Has a fever of 100 degrees or higher
- Has been vomiting or has diarrhea
- Has a very red, irritated eye/eyes
- Has a rash not evaluated by a medical provider
- Has a severe sore throat
- Has head lice or nits
- Has symptoms that keep your child from participating in school, such as:
  - Very tired or lack of appetite
  - Deep or uncontrollable cough
  - Severe pain from ear ache, stomach ache, body aches, or headache
- Keep your child home if he/she is coughing or sneezing often because this spreads the sickness to others.

24 Hour Rule:

- FEVER: Keep your child home until his/her FEVER has been gone WITHOUT medicine for 24 hours.
- VOMITING OR DIARRHEA: Keep your child home for 24 hours after the LAST time he or she has vomited or had diarrhea and is eating a normal diet.
- ANTIBIOTICS: Keep your child home at least 24 hours after the FIRST dose of antibiotic.

We often have many ill children and adults coming to school, and each one is passing their sickness to others. Please help others from becoming sick by keeping your child home while the sickest.

For more information, please contact the School Nurse.