



When to Keep Your Child Home from School

The following guidelines will help you decide whether your child is too ill to go to school.

My child is sick, should they stay home?

- The best practice of care is to keep a child home for a minimum of 24 hours after illness symptoms appear
- **Always contact** the school to report your child's absence

Send your child to school if...

- Runny nose, minor sore throat or just a little cough, but no other symptoms

Keep your child home if...

- Fever over 100 degrees F or higher
- They are throwing up or have diarrhea
- Seems very tired and can't participate in normal activity
- Has a cough that disrupts normal activity
- Has distracting pain from earache, headache, sore throat, or recent injury
- Has a new rash; not all rashes require that a child stay home from school. Check with your child's doctor and provide a doctor's note that the rash is safe for school.

When can my child return to school?

- **No fever** (100° or more) for 24 hours without the use of medication
- **No vomiting** for 24 hours
- **No watery stools** for 24 hours
- **No rash and/or communicable disease** unless written release is provided by a health care provider
- **On an antibiotic** for at least 24 hours

Remember...

School is a child's work. It is important for normal development. If your child is absent often, it may be harder to keep up with the class. It is important that your child stay home when sick to help them health quickly, and to come to school when they are healthy. Teach your child how to wash their hands, cover their coughs and catch their sneezes. This will help they stay healthy and keep their friends healthy.