



# Sick Day Guidelines:

## *Making the Right Call When your Child is Sick...*

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

School policy (and state law) requires 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 lack of appetite
  - Deep or uncontrollable cough or sneezing
  - Severe and distracting headache, earache, or body aches
  - Rash not evaluated by medical provider
  - Eye irritation - eye drainage, crusting, pain or redness may be a sign of infection
  - 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, 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 is coughing or sneezing often because this spreads the sickness to others.**

Please notify the school nurse if your child tests positive for the flu.



## REMEMBER THE 24 HOUR RULE!!



- **FEVER:** Keep your child home until his or her **FEVER has been gone WITHOUT medicine for 24 hours**. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick. **IF your child has been sent home with a fever, they cannot return the next day!**
- **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**.

*We often have children 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 child home during the worst of his or her illness.*

**REMEMBER: Practicing good hand washing is the first line of defense for staying well!**

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

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