

# “SICK DAY GUIDELINES: MAKING THE RIGHT CALL WHEN YOUR CHILD IS ILL”

Dear Parents & Guardians,

The following information will help you determine when it is best to keep your ill child home from school.

## **Please keep your child home if he or she:**

- Has had a fever of 100 degrees or higher within past 24 hours. (If temp 99.5-99.9, and has other symptoms, please use judgment)
- Has been vomiting within past 24 hours
- Has had diarrhea within past 24 hours
- Has symptoms that prevent him or her from participating fully in school, such as
  - Excessive tiredness or lack of appetite
  - Productive coughing
  - Headache, body aches, ear ache
  - Sore throat

A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Contact your pediatrician as your child needs a special test to determine if it is strep throat.

***Keep your child home until they are free of fever for 24 hours without medication. Also keep your child home until they are free of other symptoms such as vomiting or diarrhea, for 24 hours.*** Illnesses can still be contagious for up to 48 hrs after symptoms are gone. Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.

## **Does my child have the flu?**

Flu symptoms typically come on suddenly, and include high fever, chills, headache, body aches, nausea, vomiting, cough & sore throat. If your child is experiencing these symptoms, please have them rest at home until they are symptom free for 24 hrs. Make sure they are getting plenty of rest and fluids. If you have concerns or questions, we advise you to call the child's pediatrician or the school nurse.

**As always, we encourage frequent hand washing to prevent spread of germs. We also encourage good “respiratory etiquette”, which is coughing or sneezing into their sleeve rather than hands, and/or covering with a tissue and disposing of the tissue immediately.**

Thank you for your help in keeping our students healthy and happy!

School Nurses

*Cheryl Greathouse RN*

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