

## Shade-Central City School District – Health Services



### 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?

A child should **stay home** if he or she:

- ◆ Has a fever of 101 degrees or higher
- ◆ Has been vomiting or has diarrhea
- ◆ Has symptoms that keep him or her from participating in school, such as:
  - **Very tired or lack of appetite**
  - **Cough that he or she cannot control**, sneezing often
  - **Headache, body aches, or earache**
  - **Sore Throat**—a minor sore throat is ok for school, but a severe sore throat could be **strep throat**, even if there is no fever. Other symptoms of strep throat in children are headache, stomach upset, or rash. Call your doctor if your child has these symptoms. A special test is needed to know if it is strep throat.
- **Keep your child home until his or her fever has been gone for 24 hours without medicine.**
- **Keep your child home until 24 hours has passed since last vomiting or diarrhea episode.**
- **Keep your child home if he or she is coughing or sneezing frequently as he or she is spreading his germs to others.**
- **In the event of any bacterial infection, keep your child home until he or she has been on antibiotics therapy for 24 hours.**

Returning to school too soon may slow recovery and expose other people unnecessarily to illness.

*Thank you for doing your part to keep our school community healthy!*

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