



# SCHOOL AND ILLNESS: SHOULD YOUR CHILD STAY HOME?

*Your child may return to school  
24 hours after a fever is gone.*

Parents often have trouble knowing whether their child is too ill to go to school. The following guidelines will help you decide.

## CHILD IS TOO ILL

Your child is too ill to go to school if he/she has any of the following symptoms:

- Seems **very** tired and need bed rest (this is common with flu symptoms).
- Has vomiting or diarrhea.
- Becomes short of breath or has an increase in wheezing during normal activity.
- Has a cough that interrupts normal activity.
- Has a temperature above 100 degrees.
- Has pain from earache, headache, sore throat, or recent injury.
- Has yellow or green drainage from the eye(s).
- Breaks out in a rash.

## FEVER

Your child should not go to school if his/her temperature is above 100 degrees. He/she may return to school 24 hours after his/her temperature is below 100 degrees (without taking any fever-reducing medicine, such as Tylenol) and he/she is feeling better.

## CONTAGIOUS DISEASE

A contagious disease is one that can be spread by close contact with a person or object. Examples of contagious diseases are: COVID-19, the Flu, vomiting and/or diarrhea, strep throat, and pink eye. A disease is most often contagious **24 hours before the child shows any signs of illness**. It is very hard to prevent the spread of some germs, especially in a school classroom. Good handwashing will help prevent the spread of germs.

- Your child should stay home from school if he/she has a contagious disease to keep from spreading it to others.
- If your child sees a physician, ask the doctor when he/she may return to school. **If antibiotics are prescribed, they should be given for a full 24 hours before returning to school.**
- When your child has been fever-free for 24 hours without medication, is feeling better, and has no other symptoms, he/she may return to school.

## MEDICATION

- Medications, both over the counter and prescribed, can NOT be administered at school unless it is accompanied by an order from the doctor and is in the original package.
- Please do NOT send your student to school with medication in their backpack. This includes inhalers and cough drops.