

## Sick Day Guidelines- Should I keep my child home or send him or her to school?



School policy 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 him or her from participating in school, such as:
  - **Very tired or lack of appetite**
  - **Cough that he or she cannot control, constant sneezing**
  - **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 and 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 48 hours without medicine.** Returning to school too soon may slow recovery and expose other people unnecessarily to illness.
- **Keep you child home until 48 hours after last vomiting or diarrhea episode.**
- **Keep your child home if he is coughing or sneezing frequently as he or she is spreading his cold to others.**

*Please help others from becoming sick by keeping your child home during the worst of his or her illness.*

For more information, or if you have questions,  
please contact the School Nurse at (908) 479-4414 ext. 210