

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