



## Parent Manual Info Sheet

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### *Sick Day Guidelines: Making the right choice!*

To help prevent the spread of illness, we would like to give you some guidelines to help with your decision on whether or not to send your child to school. We ask that you keep your child home if he or she:

- Has a fever of 100.4 (oral) degrees or higher
- Has cramps and/or vomiting
- Has a sore throat with fever (see below)
- Has a persistent cough (dry or productive)
- Has diarrhea (three or more episodes in 24 hrs)
- Has a rash and/or open/draining sores

Has symptoms that prevent him or her from participating in school, such as:

- o Excessive tiredness or lack of appetite
- o Headaches, body aches, earaches
- o Severe sore throat (could be strep-throat even without fever).

Other symptoms of strep throat in children are headache & stomach upset. Contact your pediatrician to assess or diagnosis strep throat).

If your child has recently been ill, please be aware of the following guidelines before having your child return to school, athletic or social activities:

- They should feel fit for at least 24 hours.
- Be free of fever for at least 24 hours (without medication)
- Be free of vomiting and or diarrhea for at least 24 hours.
- If strep throat, they must be on the appropriate antibiotic for at least 24 hours.
- If conjunctivitis, they must be on the appropriate eye drops for at least 24 hours or cleared by a physician.
- Rash illnesses should be assessed by a doctor.

To keep children healthy, make sure they have plenty of rest and a nutritious diet. Show your child the proper way to wash their hands and to do it frequently throughout the day. Make sure to use soap & water and to rub hands together for at least 20 seconds. Limit touching areas such as the eyes, nose or mouth.