

# SICK DAY GUIDELINES



Making the right call  
when your child is sick:

## Should I keep my child home or send him to school?

School Policy (and/or State law) requires a child to stay home if he/she:

- Has a fever of 100.0 degrees or higher
- Has been vomiting or has diarrhea
- Has symptoms that keep your child from participating in school, such as
  - very tired or lack of appetite
  - cough that he or she can not control, sneezing often
  - headache, body aches, or ear ache
  - Sore throat-a little sore throat is ok for school, but a bad sore throat could be strep throat, even if there is not fever. Other signs of strep are headache and stomach upset. A special test is needed to know if it is strep.
- Keep your child home if he is coughing or sneezing often because this spreads the sickness to others.

### 24 Hour Rule

- **FEVER:** Keep your child home until his/her FEVER has been gone WITHOUT medicine for 24 hours. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick.
- **VOMITING OR DIARRHEA:** Keep your child home for 24 hours after the **LAST** time he/she vomited or had diarrhea.
- **ANTIBIOTICS:** Keep your child home until after the **FIRST** dose of antibiotic for anything like ear infection, strep throat or pink eye.

We often have many children and adults with colds coming to school, each one is passing their sickness to others. Please help others from becoming sick by keeping your child home while they are the sickest.

For more information, or if you have questions, please contact the school nurse:

Julie Knoot RN 641-637-4041 (elementary office) [knootj@nmwarhawks.org](mailto:knootj@nmwarhawks.org)