



GUIDELINES FOR STAYING HOME IF ILL

A sick child cannot learn effectively and is unable to participate in classroom activities. Staying home allows the child an opportunity to rest and recover. Keeping a sick child home also helps to prevent the spread of illness in the school community.

Some of the reasons to keep sick children at home include:

A child has:

- COVID-19 or COVID-19 Exposure
- Congestion or runny nose
- Sore throat
- New or unusual severe headache
- Muscle or body aches
- Fatigue/Tiredness
- Nausea, vomiting, diarrhea or loss of appetite
- Chills or a fever 100.4° F or higher
- New cough
- Shortness of breath or difficulty breathing
- New loss of taste and/or smell
- New rash
- Pink eyes with discharge

These concerns may need to be discussed with the child's health care provider to determine if an office visit is needed.

A child can return to school when:

1. A child can return to school when the child's symptoms have significantly improved/resolved and the child has not had a fever (100.4° F or higher), vomiting and/or diarrhea for 24 hours without the use of medication.
2. A child with impetigo, or strep throat may return to school 24 hours after treatment has begun and the child's symptoms have significantly improved/resolved. Please notify the health services staff at your child's school.
3. A child with a suspicious rash or pink eyes with discharge may be asked to stay at home until a health care provider has made a diagnosis and authorized the child's return to school.
4. For COVID-19 or COVID-19 Exposure: Notify the child's school and follow the [Illness Decision Tree for Schools](#) for additional return to school guidance.

If you have a question, please contact your child's school health services staff.