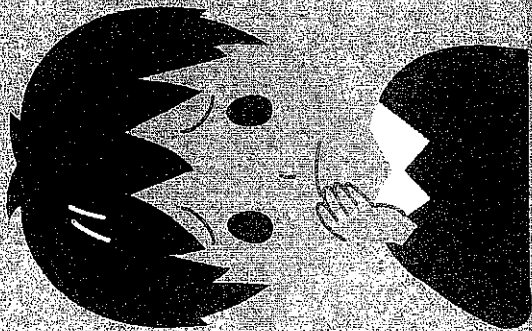


WHEN IS SICK TOO SICK FOR SCHOOL?

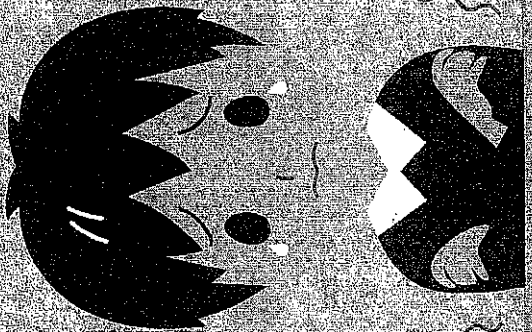


Send me to school if...

I have a runny nose or just a little cough but no other symptoms

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time

I haven't thrown up or had any diarrhea for 24 hours

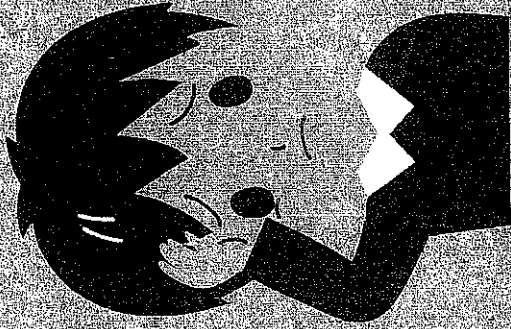


Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine

I'm throwing up or have diarrhea

My eyes are pink and crusty



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days

I've been throwing up or have diarrhea for more than two days

I've had the shuffles for more than a week and they aren't getting better

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler)



Adapted with permission from Baltimore City Public Schools

Sick Day Guidelines from
The National Association of School Nurses

Consider keeping your child home if he or she:

- *Has a fever of 100.4 degrees or higher
- *Has been vomiting
- *Has excessive fatigue or lack of appetite
- *Has a productive cough, sneezing
- *Has an earache, body aches, headache, severe sore throat

A severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat can include headache, upset stomach, or a rash.

Keep your child home until fever has been gone for 24 hours without medication.

Remember:

- *Do not give over the counter cold medicine to children under age 4.
- *Teach your child to wash hands frequently
- *Teach your child to cover coughs and sneezes with a tissue or their sleeve
- *Keep surfaces like door knobs, phones, remotes, toys, and keyboards clean
- *After your child is feeling better, wash bedding and air out the room
- *Serve your family a balanced diet with lots of fruits and vegetables
- *Always consult your health care provider if you have any questions