



When Should I Keep My Child Home From School?

As much as we want your child to be in school every day possible, **please keep your child at home if they have any of the symptoms listed below.** School is not a place that a child can easily rest if they aren't feeling well. Being at school also increases the chance of the illness being passed on to the other children.

✓ Fever over 100.4 degree's.
✓ Vomiting in past 24 hours.
✓ Diarrhea - runny, watery or bloody stools.
✓ Sore throat with fever.
✓ Rash with fever.
✓ Eye discharge - "goopy" thick drainage, matted eyelids and pink eyes.
✓ Cold symptoms that cause sinus or chest pain.
✓ Coughing up mucus.

Your child should stay home until free from a fever, vomiting or diarrhea for 24 hours **without** medication to control the symptoms. Children often come back too early and have to be sent home again when the symptoms return.

Keep your child healthy and help them recover more quickly by following the tips below.

- ✓ Allow for plenty of sleep and rest- young students require 10-12hours a night. Older students require 8-10hours a night.
- ✓ Provide lots of fluids (Water, juices and milk. Less soda pop.)
- ✓ Provide regular, nutritional meals and snacks, including fruits, vegetables, grains, and protein.
- ✓ Encourage clear liquids followed by a "brat" diet (bananas, rice, applesauce and toast as tolerated) for stomach flu.
- ✓ Teach and remind your child to wash their hands with soap and water frequently!
- ✓ Keep your home smoke-free.
- ✓ Teach and remind your child to cover their mouths when they cough and to blow their noses frequently.