

# Is your child too sick for school?

Children of all ages work hard during the school day, but for an ill child, the energy required to complete the day is often not there. Sending your child to school sick puts your child at risk for prolonged illness AND puts the children around him or her at greater risk for becoming ill. The following guidelines will assist you in determining when your child is too sick to come to school.



## Keep your child home if he or she has...

- **Fever of 100.0 degrees or higher.** Children should be fever free (less than 100.0 degrees) without the use of medication, for 24 hours before returning to school.
- **Vomiting or diarrhea.** Children should be free of vomiting or diarrhea for 24 hours before returning to school.
- **Inability to sleep most of the night because they don't feel well.**
- **A rash of unknown origin.** Children should be examined by a doctor to make sure the rash is not contagious. A doctor's note needs to be provided to the school.