

Sick Day Guidelines:

Making the Right Call

When Your Child Is Sick:



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

School policy requires a child **stay home** if he or she:

- Has a **fever**. The CDC defines a fever as 100.4 orally but look at how your child is overall.
- Has been **vomiting** or has **diarrhea**.

Recommended to stay home if you child:

- Has symptoms that keep him/her from participating in school, such as:
 - Very tired or poor appetite
 - Cough that he or she cannot control or sneezing often
 - Headache, body aches, or earache
- Sore Throat—a sore throat is ok for school, but a bad sore throat could be **strep throat**, even if there is no fever. Other signs of strep throat in children are a headache and stomach upset and/or rash. It is advisable to call your doctor if you suspect your child has strep throat.
- **Keep your child home if he/she is coughing or sneezing so often that it would be disruptive in class.**
- **Please notify the school nurse if your child tests positive for the flu or strep throat.**



Remember the 24 hour Rule!!



Queen Anne's County School policy states for a :

- **FEVER:** Keep your child home until his or her **FEVER has been gone WITHOUT medicine for 24 hrs**. Returning to school too soon may slow recovery and make others sick. In addition, your child is probably not going to feel well and thus not be able to fully focus or participate in class. **IF your child has been sent home with a fever, they should not return the next day.**
- **VOMITING AND/OR DIARRHEA:** Keep your child home for 24 hours **after** the **LAST** time he or she **vomited or had diarrhea**. They should be free from diarrhea and/or vomiting for 24 hours without the use of medication. **In addition, they should be able to tolerate fluids AND food.**
- **ANTIBIOTICS:** Keep your child home until 24 hours after **the FIRST** dose of **antibiotics** for anything like strep throat, pneumonia, and pink eye. In regards to conjunctivitis (pink eye) you should see some improvement after the use of the antibiotic eye drops and have no discharge before returning.

Please remind your child to cough or sneeze into their elbow. If they do this in their hand have them wash their hands immediately after of if a sink is not available to use hand sanitizer to help prevent the spread of germs to others. Please contact the school nurse with questions.