



## 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?*

Your child should stay home if he or she:

- Has a **fever** of 100.4 or higher
- Has had multiple episodes of **vomiting** or **diarrhea**
- Has symptoms that keep your child from participating in school, such as:
  - Thick mucus or pus draining from the eye
  - Cough that he or she cannot control. Runny nose with thick yellow or green discharge or requires frequent/constant wiping of the discharge
  - Headache, body aches, or severe earache
  - Sore Throat – a bad sore throat could be **strep throat**, even if there is no fever. Your school nurse cannot diagnosis strep throat. Check with your doctor since a special test is needed to know if it is strep throat.

#### **24 Hour Rule:**

- **FEVER:** Keep your child home until his or her **FEVER has been gone WITHOUT medicine for 24 hours.**
- **VOMITING OR DIARRHEA:** Keep your child home for 24 hours after the **LAST** time he or she **vomited or had diarrhea.**
- **ANTIBIOTICS:** Keep your child home until 24 hours after the **FIRST dose of antibiotic** for any infections like strep throat.

***Please help others from becoming sick by keeping your child home when sick.***

For more information on our District Exclusion Procedure go to [www.wallingford.k12.ct.us](http://www.wallingford.k12.ct.us) under District Departments, click on Health Services and then Forms and Procedures. If you have any questions regarding any of the above please contact the School Nurse: