

Guidelines For Keeping A Sick Child At Home

Keep your child home if he or she:

- Has a fever of 100 degrees or higher
- Has been vomiting
- Has symptoms that prevent him or her from participating in school, such as:
 - Excessive tiredness or lack of appetite
 - Productive coughing, sneezing
 - Headache, body aches, earache
 - Sore throat

A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. If your child has these symptoms, contact your pediatrician, as your child needs a special test to determine if it is strep throat.

Keep your child home until his or her fever has been gone for **24 hours without medication**. Colds can be contagious for at least 48 hours. Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.

Does my child have the flu?

- **The flu is serious!** Call your pediatrician at the first sign of flu symptoms, which typically come on suddenly, including:
 - High fever
 - Chills
 - Headache, body aches, earache
 - Nausea, vomiting
 - Dry cough

How can I prevent my child from getting sick?

- Teach your child to wash his or her hands frequently using plenty of soap and warm water
- Teach your child to cover coughs and sneezes with a tissue or their sleeve
- Keep the child's environment tobacco free
- Try to minimize the time your child spends with other children who have cough or cold symptoms
- Pack easy-to-use products like disinfecting wipes and hand sanitizers in your child's backpack
- Keep an annual well-child exam to follow changes in your child's health
- Keep all of your child's immunizations up-to-date (The Centers for Disease Control and Prevention guidelines now recommend a flu vaccine for most children aged 6 months up)
- Serve a balanced diet with lots of fruits and vegetables.
- After your child is feeling better, clean all surfaces; wash the bedding and air out the room
- Keep surfaces like doorknobs, phones, remote controls, toys, and keyboards clean
- Consult your school nurse or doctor if you have any questions

*adapted from NSNA (National School Nurse Association) guidelines