

Recommended Guidelines for Staying Home With Illness

- **Fever.** The child should remain at home with a fever greater than 100°. The child can return to school after he/she has been fever free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin).
- **Diarrhea/Vomiting.** A child with diarrhea and /or vomiting should stay at home and return to school only after being symptom-free for 24 hours, unless otherwise specified by the school nurse or licensed health care provider.
- **Conjunctivitis.** Following a diagnosis of conjunctivitis, the child may return to school 24 hours after the first dose of prescribed medication.
- **Rashes.** Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a health care provider has made a diagnosis and authorized the child's return to school.
- **Strep Throat:** If diagnosed with Strep throat, the child may return to school 24 hours after the first dose of prescribed medication.
- **Colds.** Consider keeping your child at home if he/she is experiencing discomfort from cold symptoms, such as nasal congestion and cough. A continuous green discharge from the nose may be a sign of infection. Consider having the child seen by your health care provider.

When your immune system is down, continue good hand washing, drink lots of fluids to stay hydrated and plenty of rest.

Staying home for 24 hours prevents the spread of illness in the school community and allows you the opportunity to rest and recover.

