



## **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?**

Health office protocols require a child **stay home** if he or she:

- Has a fever of 100.4 degrees or higher with or without other symptoms which may include headache, chills, body aches, cough, sore throat, rash, etc.

**OR**

- Has been vomiting or has had diarrhea within the past 24 hours

**OR**

- Has symptoms that keep him or her from participating in school, such as:
  - **Very tired or lack of appetite**
  - **Cough that he or she cannot control, sneezing often**
  - **Headache, body aches, or earache**
  - **Sore Throat**—a minor sore throat is ok for school, 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, or rash. Call your doctor if your child has these symptoms. A special test is needed to know if it is strep throat

- ❖ **Keep your child home until his or her fever has been gone for 24 hours without medicine that reduces fever (such as Tylenol or Advil).** Returning to school too soon may slow recovery and expose other people unnecessarily to illness.
- ❖ **Keep your child home until 24 hours after last vomiting or diarrhea episode.**
- ❖ **Keep your child home if he is coughing or sneezing frequently as he or she is spreading his cold to others.**

***Please help others from becoming sick by keeping your child home during the worst of his or her illness.***

For more information, or if you have questions, please contact the School Nurse:

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