



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 of 100.4 degrees or higher **AND** *no other symptoms*
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.
- ❖ If your child has been absent 5 days or more in a row, school policy requires a doctor's note to return to school.

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:

Robert Hunter
School
908-284-7624

Barley Sheaf
School
908-284-7588

Reading-Fleming
Intermediate School
908-284-7512

J.P Case
Middle School
908-284-5112

Copper Hill
School
908-284-7670

Desmares
School
908-284-7545