

Too sick for school? Here's how to tell...

When your child is not feeling well, deciding whether to send them to school or keep them home can be difficult. Here are some simple guidelines to help make that decision a little easier. If you have more questions, don't hesitate to contact your physician.

In most cases, your child should not be at school if they have the following symptoms:



I have a cough and other cold symptoms

Sore throat, cough, fever, congestion, runny nose

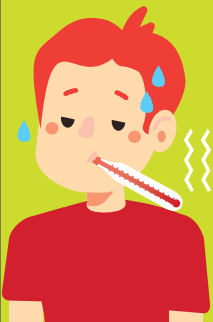
To return to school: The fever returns to normal for 24 hours without medication to lower it.



I have a rash

Unknown rashes or skin lesions, with oozing, drainage, or fever

To return to school: Your child must be free from rash or fever and have been evaluated by a physician if needed.



I have a fever

Temperature of 100.4 degrees Fahrenheit or higher within the last 24 hours

To return to school: Your child must be fever free for 24 hours, without the use of a fever reducing medicine (i.e., Tylenol, Motrin, Advil).



I have an eye infection

Thick mucus or pus draining from the eye or pink eye (conjunctivitis)

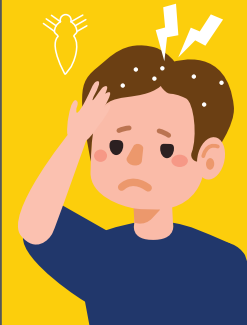
To return to school: Your child must be free from drainage and/or have been evaluated by a physician if needed.



I have a sore throat

Sudden high fever, redness in throat with white patches, pain when swallowing, or doctor diagnosis strep throat

To return to school: 24 hours after 1st dose of antibiotics and normal temperature 98.6 degrees Fahrenheit or below.



I have head-lice

Excessive, distracting itching of scalp, a tickling sensation of something moving in the hair, irritability, and head sores as a result of scratching

To return to school: Your child may return if treated with the appropriate lice treatment at home or referred to their health care provider for further treatment recommendations if needed.



I have a stomachache

Several episodes (2 or more) of vomiting and diarrhea within the last 24 hours period

To return to school: Your child must be free from vomiting and Diarrhea free for 24 hours without medication to control it.



I have chicken pox

Itchy rash or blisters, fever, headache, and feeling tired

To return to school: Your child may return after there are no new blisters or spots appear, and all the spots have scabbed over and are dry.



I have COVID

Fever, chills, new cough, sore throat, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, nausea or vomiting, or diarrhea

To return to school: No nausea, vomiting, diarrhea, or fever for at least 24 hours without the use of a fever reducing medicine, and other symptoms are improving.

* Individuals with a respiratory virus can return to school after is has been 24 hours with no fever (without fever-reducing medicine) and other symptoms are improving*

- + It's OK to have a runny nose and/or small cough.
- + We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendation about returning to school and other activities.



Need to know how to report an absence? Look for this icon on your school's website or CMS homepage.