

When Should I Keep My Child Home From School?

The weather is changing and the cold and flu season is upon us. To keep all of our kids safe and healthy, **we need your help!** The most important thing you can do is keep your child home if he or she is ill. Here are some guidelines to know when your child should stay home:

- If your child is too sick to participate in normal school activities, whether or not they have a fever.
- If they are running a fever of 100.0 or higher. They should be fever free without the use of Tylenol or Ibuprofen for 24 hours before they should come back to school.
- If your child has persistent vomiting or diarrhea.
- If you suspect your child has a contagious illness or rash. Please confirm with your doctor.
- A rash of undetermined origin should also be checked by a doctor to make sure it is not contagious before returning to school.
- If your child has undergone a medical procedure requiring general anesthesia, please keep them home at least 24 hours after the procedure.
- Remember, if you question yourself on if they are well enough to go to school, the best rule of thumb is that they probably are not!

In addition to staying home when sick, here are **three important things** you and your family can do to stay healthy and safe:

- **Cover your nose and mouth** with a tissue or your upper arm when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash your hands** often with soap and water, especially after your cough or sneeze. Alcohol-based hand sanitizers are also effective.
- **Avoid touching your eyes, nose and mouth.** Germs spread that way!