

## **When to Keep Your Child at Home**

- Please allow adequate time in the morning for your child to eat breakfast, use the bathroom, etc., as many visits to the clinic are related to this.
- If you are unsure of your child's condition in the morning, please keep them home and watch them for a few hours. If you feel that he is acting normal and feeling better, then you can bring him to school.
- A temperature over 100.0 F. (Remember that Tylenol, Advil, etc can mask the effects of a fever). Try to take your child's temperature before you give fever-reducing medicine Do not give your child medication and send him/her off to school if he has a fever or significant cold symptoms. Keep your child home until their temperature is normal for 24 hours WITHOUT the use of medication.
- Has been vomiting and/or has diarrhea.
- A cough that keeps a child awake at night, worsens with increased activity, or is combined with other symptoms.
- Sore Throat: a little sore throat is ok for school, but a bad, or persistently, sore throat could be strep throat, even if there is no fever. A persistently red sore throat, especially if the tonsils are enlarged should be checked out by your doctor.
- A severe and persistent earache.
- Redness in the whites of the eyes, yellow eye discharge and matted lashes are symptoms of conjunctivitis (pinkeye). A doctor should be consulted for treatment as this condition is highly contagious.
- Rashes can be difficult to evaluate. If they are all over the body, blistering, oozing, or painful, they could be a sign of a contagious infection, such as chicken pox or measles. Please check with your doctor before you send your child to school.
- Keep your child home if he is coughing or sneezing often because this spreads the sickness to others.

### **“24 Hour Rule”:**

- FEVER: Keep your child home until his fever has been gone without medicine for 24 hours.
- VOMITING OR DIARRHEA: Keep your child home for 24 hours after the LAST time he vomited or had diarrhea.
- ANTIBIOTICS: Keep your child home until 24 hours after the FIRST dose of antibiotic for anything like ear infection or strep throat; verify this with your doctor.