



Sick Day Guidelines

Making the Right Call When Your Child is Sick

Should I keep my child home or send him/her to school?

School Policy and/or Burlington County Health Department guidelines require a child to stay home if he/she has:

- Fever 100.0 or higher
- Any fever requiring medication
- Been vomiting and/or has diarrhea
- Symptoms that keep your child from participating in school:
 - Tired or lack of appetite
 - Cough that cannot be controlled, sneezing often
 - Headache, body aches or earache
 - Sore throat- a little sore throat is ok for school, but a bad sore throat could be strep throat, even if there is no fever. Other signs of strep throat in children are headache, stomach upset, or rash. Call your doctor if your child has these signs. A special test is needed to know if it is strep throat.

Keep your child home if he/she is coughing or sneezing often because this spreads the sickness to others. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick.

24 Hour rule:

- **FEVER:** Keep your child home until his/her fever has been gone **WITHOUT** medication for **24 hours**.
- **VOMITING and DIARRHEA:** Keep your child home for 24 hours after the **LAST** time he/she vomited or had diarrhea.
- **ANTIBIOTICS:** Keep your child home until 24 hours after the **FIRST** dose of antibiotic for anything like an ear infection, strep throat, or conjunctivitis.

We often have many children with colds coming to school, and each one is passing the sickness to others. Please help others from becoming sick by keeping your child home when they are the sickest.

We thank you for your cooperation and involvement in keeping our students safe and healthy. For more information, or questions, please contact your child's School Nurse:

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