

Too Sick for School? Here's How to Tell



SYMPTOM

COUGH



EYE DISCHARGE



FEVER



CHILLS OR BODY ACHES



RASH



SORE THROAT



STOMACH ACHE



STAY HOME IF...



Your child has a persistent cough with phlegm, wheezing or other cold symptoms.

Yellow/green pus or pink eye

The temperature on an oral thermometer reads 100° F or higher (100.4 F for an ear, rectal or forehead thermometer)

You suspect flu or COVID-19 - they spread rapidly

Redness and itchiness affect all or most of your child's body, is spreading or there are other signs of illness.

You or your doctor suspects or diagnoses strep throat or temperature is above 100° F .

Your child is vomiting or has uncontrolled diarrhea.

GO BACK IF ...



Your child has been fever-free for 24 hours and can breathe easily.

24 hours of antibiotic treatment, cleared by a doctor or no symptoms.

Body temperature is under 100° F for 24 hours without medication

Acute symptoms have been gone for 24 hours (congestion and cough can take 1-2 weeks to clear)

The rash is gone - or your pediatrician gives the OK

24 hours after starting antibiotics (strep +) or no fever for 24 hours and symptom-free (strep -)

24 hours of no vomiting and your child has control of bathroom breaks.

Call your Pediatrician if your child has a fever higher than 103° F, signs of dehydration, vomiting more than 24 hours, diarrhea more than 1 week and/or fever lasting 4 days or longer. *Your pediatrician should always be your first source of information and advice.

