

Should My Child Stay Home From School?

Keeping your child home when they are sick can prevent them from spreading their illness to others. If your child has the following symptoms he or she should stay home.

VOMITING OR DIARRHEA

Keep your child home for at least 24 hours after the last time the child vomits (puke) or has diarrhea without medicine.

BAD OR HARSH COUGH

Keep your child home and contact your child's healthcare provider. It's possible they could have bronchitis, flu, pneumonia, whooping cough or croup.

COLD

If your child has a mild cough, sneezing, aching muscles and watery eyes keep them home on the first day or two. This is when they are most able to spread the cold to others.



FEVER

If your child has a fever of 100°F or higher on the day or night before school, you should keep them home until they are fever free for 24 hours without medicine.

EARACHE

If your child has pain, drainage, or blood from their ear canal, contact your child's healthcare provider.

SORE THROAT

Keep your child home if they also have a fever, swollen glands, a hard time swallowing or talking, or if their throat is red and swollen. A bad sore throat with a headache and/or upset tummy can be signs of strep throat.

PINK EYE

Contact your child's healthcare provider and keep them home until 24 hours after treatment starts.

Good Health Habits

Good health habits can help stop the spread of germs. In addition to staying home when sick, washing hands frequently, coughing or sneezing into elbows, and getting an annual flu shot can help reduce the risk of getting the flu or other illnesses.