



Guidelines Regarding a Sick Child

Dear Parent/Guardian(s):

In the morning before school, many parents need to decide if their child is well enough to attend school. When students come to school sick, they can often make other students and the school staff sick. These guidelines will assist you in the decision of whether to keep your child home or send them to school.

Stay Home	May Go To School When
COVID-19 Symptoms	
<ul style="list-style-type: none"> • Fever of 100.4° F or above • Chills • Cough • Shortness of breath/difficulty breathing • Headache • Muscle or body aches 	<ul style="list-style-type: none"> • New loss of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea • Fatigue
<ul style="list-style-type: none"> • Fever of 100.4° F or above 	<ul style="list-style-type: none"> • If positive test for COVID-19, student must be released by the local health department or their health care provider • For further guidance (without symptoms, COVID-19 like symptoms, and COVID-19 exposure) contact your local health department or call 211
<ul style="list-style-type: none"> • Throwing up or vomiting 	<ul style="list-style-type: none"> • Fever free from 24 hours without use of Tylenol/Ibuprofen or other fever-reducing medications
<ul style="list-style-type: none"> • Uncontrollable diarrhea 	<ul style="list-style-type: none"> • Free from vomiting for 24 hours and able to hold down food.
<ul style="list-style-type: none"> • Persistent coughing 	<ul style="list-style-type: none"> • Free from diarrhea for 12 hours.
<ul style="list-style-type: none"> • Rashes from unknown causes 	<ul style="list-style-type: none"> • Sleeping without waking to cough.
<ul style="list-style-type: none"> • Headache 	<ul style="list-style-type: none"> • Rash has a diagnosis is being treated or has healed
<ul style="list-style-type: none"> • Any health concern where the child is unable to learn. 	<ul style="list-style-type: none"> • Headache is not significant and does not interrupt ability to open eyes and focus on school work.
	<ul style="list-style-type: none"> • Able to focus with strength and vitality to learn.

These are some examples of health concerns where your child should stay home and when they may be ready to come to school. Your school wants your child to be in school if they are well enough to be there. Contact your medical provider and school nurse, if you have any further questions.

Sincerely,

Signature/Title