



# IN CARE OF KIDS

## How Sick is Too Sick? Illness Policy for Parents

### When to Keep Your Child at Home from School or Child Care

#### There are three main reasons to keep sick children at home:

1. Your child doesn't feel well enough to take part in normal activities. For example, your child is overly tired, fussy or won't stop crying.
2. Your child needs more care than teachers and staff can give while still caring for the other children.
3. The illness is on this list and staying home is recommended.

\*\*\*Remember, the best way to stop the spread of infection is through good hand washing.

Children with these symptoms or illness should be kept home (excluded) from school:	
Symptoms	Child Must Be at Home?
<b>Diarrhea</b> frequent, loose or watery stools (poop) compared to child's normal ones that aren't caused by food or medicine	<b>Yes</b> - if child looks or acts sick; if child has diarrhea with fever and isn't acting normally; if child has diarrhea and is also throwing up; OR if child has diarrhea that cannot be contained in the diaper or the toilet.
<b>Fever</b> with behavior change or other illness. Babies who are 4 months or younger needs to see a doctor right away for a fever of 100°F or higher.	<b>Yes</b> - if the child also has a rash, sore throat, throwing up, diarrhea, behavior changes, stiff neck, OR difficulty breathing.
<b>"Flu-Like" Symptoms</b> Fever over 100°F with a cough or sore throat. Other flu symptoms can include tiredness, body aches, throwing up and diarrhea	<b>Yes</b> - for at least 24 hours after the fever is gone. The fever needs to be gone, without using medicine that reduces the fever (acetaminophen or ibuprofen).
<b>Coughing</b> <u>Note:</u> Children with asthma may go to school with a written health care plan and the school is allowed to give them medicine and treatment	<b>Yes</b> - if the coughing is severe, Uncontrolled; OR your child has wheezing, rapid or trouble breathing and medical attention is needed.
<b>Mild Respiratory or Cold Symptoms</b> stuffy nose with clear drainage, sneezing, mild cough	<b>No</b> – your child may go to school if they able to take part in school activities.  <i>Keep your child home if the symptoms are severe. This includes fever and the child is not acting normally and/or has trouble breathing.</i>
<b>Rash</b>	<b>Yes</b> – Rash with fever. Call your doctor. Any rash that spreads quickly, has open, oozing wounds and/or is not healing should be checked by a doctor.  <b>No</b> —Rash without fever. A body rash without a fever or behavior changes usually does not need to stay home from school. You can call your doctor for advice.
<b>Vomiting/Throwing Up</b> Throwing up two or more times in the past 24 hours	<b>Yes</b> - until throwing up stops or a doctor says it is not contagious. If your child has a recent head injury, watch for other signs of illness and for dehydration.