



## Sick Day Guidelines

In general, a child should stay home if he/she is uncomfortable to participate in all activities in the classroom, if he/she needs more medical attention than the school can give, or if he/she might be spreading illness to others.

### **Consider keeping your child home if he or she has the following cold or flu symptoms:**

**Fever:** Keep your child at home if his/her temperature is 101°F or higher, especially if accompanied by behavioral changes or other symptoms of illness, such as rash, sore throat, or vomiting. Wait until the child is fever-free for 24 hours without the need for medication before sending him/her back to school.

**Vomiting:** Keep your child at home if he/she vomited twice in the last 24 hours. A child should be symptom-free for 24 hours and be able to hold down food and fluids before returning to school.

**Flu symptoms:** Flu symptoms include abrupt onset of fever, chills, headache, and body aches. Runny nose, sore throat, and cough are also common. Your child should remain home from school until symptoms are gone and child is without fever for 24 hours.

**Cold symptoms:** Colds can be contagious for at least 48 hours. Your child should remain home if symptoms are serious enough to interfere with their ability to learn. Seek medical care if symptoms persist beyond 7 days or fever develops.

**Sore Throat:** A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are loss of appetite, painful swallowing, and red tonsils with white spots. Contact your pediatrician as your child needs a special test to determine if it is strep throat.

**Pain:** Persistent pain should be taken seriously, especially in young children. Earaches, toothaches, and headaches should be evaluated by a physician.

This information is not a substitute for medical advice from your doctor. Call your healthcare provider if your child has any of the above symptoms - they may have the flu or something else. Parents should also be aware of sick day guidelines specific to their child's school. Triaminic products are not indicated for all the symptoms listed above. Please read all product labeling for directions and warning before use.

#### Sources:

When Should You Keep Your Child Home Sick from School or Daycare? Mayo Expert Offers Tips

Available at: [Mayo Clinic](#)

When to Keep your Child Home from School

Available at: [Healthy Children](#)

Your Child: Too Sick For School?

Available at: [Children WebMD](#)

Is your Sore throat a Cold, Strep Throat or Tonsillitis?

Available at: [WebMD](#)