

EVERGREEN

CHRISTIAN SCHOOL

Sick Day Guidelines: Making the Right Call When Your Child is Sick

Should I keep my child home or send him or her to school?

School policy (based on CDC recommendations) requires a child stay home if he or she has:

- Fever (a temperature of 100.4°F (38°C) or greater)
- Has been vomiting or has diarrhea (more than 1 episode in last 24 hours)
- Sore throat if you suspect a strep infection, even if there is not fever.
- Skin rash i.e. Hand, Foot, and Mouth Disease (HFMD), Ringworm, or any other unidentifiable rash (needs to be seen by a healthcare provider and medical note provided before returning to school.
- Skin sores that are draining fluid on an uncovered part of the body and are unable to be covered with a bandage.
- Severe cough that may be uncontrollable.
- [Respiratory virus symptoms](#) that are worsening or not improving and not better explained by another cause such as seasonal allergies.
- Eye redness/drainage/swelling one or all symptoms (return with a Dr. note)

When should my child return to school?

In general, a child returning to school should be well enough to participate in school (e.g., can adequately manage improving cough and congestion on their own, not overly fatigued), and care of the returning child should not interfere with the school staff's ability to teach or care for other students. Students and staff returning to school following an illness may still be contagious, but are likely to be less contagious as symptoms improve, depending on factors like duration and severity of illness. Parents and caregivers should consult their child's health care providers with specific questions about their child's condition or recovery.

24 Hour Rule:

- Fever: Keep your child home until his or her FEVER is gone WITHOUT medicine for 24 hours. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick.
- Vomiting or Diarrhea: Keep your child home for 24 hours after last time he or she vomited or had diarrhea.
- Antibiotics: Keep your child home until 24 hours after the First dose of antibiotic for anything like ear infection, strep or pneumonia.

Please consult your doctor promptly if there is any doubt about the condition of your child. Follow the directions from your child's physician before sending your child back to school following a communicable disease.