

Too Sick for School?

Is my child too sick to attend school is not always an easy answer. Below are guidelines to help make the decision. The recommended guidelines are based on guidelines provided by the Centers for Disease Control (CDC), as well as the California Department of Public Health, to aid in the prevention of spreading potentially contagious diseases.

Symptom	Keep child home if:	May Return to School When:
FEVER	Morning temperature of 100.4 degrees F or higher, OR, temperature below 100.4 and the student has body aches, pale, and or tired.	A child should be FEVER FREE for 24 hours without any fever-reducing medication before returning to school.
VOMITING	Child has had 2 or more episodes of vomiting or has had an episode in the past 24 hours.	Your child should be vomit-free for 24 hours prior to returning to school, and they must feel well enough to participate in all aspects of the school day.
DIARRHEA	More than 2 episodes of liquid stool.	A child must be 24 hours free of diarrhea/liquid stool to return to school, and they must feel well enough to participate in all aspects of the school day.
SORE THROAT	Tender, swollen glands, difficulty swallowing, or a fever of 100.4 degrees or higher.	A child must be fever-free for 24 hours without any fever-reducing medications prior to returning to school, and they must feel well enough to participate in all aspects of the school day.
COUGH	Frequent cough; coughing up phlegm; cough sounds like a bark; cough is accompanied by a sore throat or wheezing.	A child may return to school when the cough is improving and is not accompanied by any new symptoms within the past 24 hours, and they must feel well enough to participate in all aspects of the school day.
EARACHE	Pain or discomfort is constant and inhibits the ability to participate in class.	May return to school when a student is able to participate in class and has not developed any new symptoms within the past 24 hours.
RASH	Any new onset of a rash.	A child may return to school after the rash shows signs of improvement or clearance given by a health care provider.
SKIN LESIONS OR SORES	Any drainage from a sore that cannot be contained within a bandage OR sores that are increasing in size, OR any new sores developing day to day.	A child may return to school when the skin condition is improving and or clearance is given by a health care provider.
OTHER	Symptoms that prevent a student from ACTIVE participation in usual school activities OR the student is requiring more care than the school can safely provide.	May return to school when a student is able to participate in class and has not developed any new symptoms within the past 24 hours. May require clearance from a health care provider.

Home is the best place for a child who is ill. If your child is diagnosed with a **communicable disease**, **please notify the school as soon as possible**. Some students have medical conditions that require special care if they are exposed to certain illnesses. Please contact the school to report your child's absence when they are staying home from school due to illness.