

# Waring School Sick-Day Guidelines

Should I keep my child home or send them to school?

Based on the Centers for Disease Control and Prevention recommendations, **Waring School's policy recommends a child stay home if they have:**

- a fever of 100.0° or higher
- been vomiting or have had diarrhea (within 24 hours)
- a sore throat if you suspect a strep infection, even if there is not a fever!
- drainage from an eye or ear (may indicate infection)
- severe cough that may be uncontrollable
- frequent sneezing and coughing. This will spread illness to others!
- any symptom of COVID-19

## **24 Hour Rule:**

- **Fever:** Keep your child home until they have been fever-free—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 the last time they vomited or had diarrhea.
- **Antibiotics:** Keep your child home until 24 hours after the first dose of antibiotics for anything like ear infection, strep, or pneumonia.

Please consult your doctor immediately if there is any doubt about the condition of your child. The nurse may ask for a note from your child's pediatrician upon returning to school.