



Feeling sick?

Should you be at school today?



It is up to you to protect yourself and each other from infectious diseases. Is it safe for you to attend school today? Before attending school, think again if you have ANY of these symptoms.

You may have a gastrointestinal illness or stomach bug (and should not attend school) if you have

- Unexpected vomiting (in prior 24 hours)
- Diarrhea (2 or more episodes of runny or liquid stool (poop) in prior 24 hours)
- Jaundice (yellowing) of the eyes or skin

Foodborne illness is common. If you think you may have been exposed to someone infected with the big 5 foodborne pathogens (Shigella, E. coli, Salmonella, Hepatitis A, or Norovirus) or may be getting any of these symptoms, consider staying home from school and seeking medical care.

You may have another communicable (spreadable) illness if you have

- Unusual tiredness (malaise) which may include body aches and/or headaches
- Dizziness and/or headache or body aches
- Fever or temperature over 100°F/38°C
- Pink eye or goopy discharge from eye
- Fluid drainage from a cut in the skin which may be yellow/green and foul smelling
- Infected sores (often yellow/green color with swollen, red, itchy skin)

The main cold and flu season is from October to March. You have a much higher risk of being exposed to people with colds and flu during this period and should consider staying home from school if you are getting a respiratory illness.

You may have a respiratory illness or bad cold (and not attend school) if you have

- Sore throat with Fever over 100°F/38°C
- Coughing, sneezing, or wheezing with runny nose

Skin infections usually begin with a cut or puncture to the skin. Tenderness/pain, swelling, redness of skin, and the skin being hot to the touch are typical symptoms. If the skin infection can be covered and the fluid leakage contain by bandages, and you have no fever (temperature), it may be safe to attend school.