



SICK DAY GUIDELINES

Making the right call when your child is sick

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

North Reading Public Schools guidelines require a child to stay home if he/she:

- Has a **fever** of **100** degrees or higher
- Has been **vomiting** or has **diarrhea**
- Has symptoms that keep your child from participating in school, such as:
 - Very tired or lack of appetite
 - Cough that he or she cannot control, sneezing often*
 - Headache, body aches or earache
 - Sore throat—a little sore throat is ok for school, but a bad sore throat could be strep throat, even if there is no fever. Other signs of strep throat in children include headache, stomach upset or rash. Call your doctor if your child has these symptoms.

*Please keep your child home if he/she is coughing or sneezing often because this spreads the sickness to others.

24 Hour Rule

- **FEVER:** Keep your child home until his/her **fever has been gone WITHOUT medicine for 24 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 he/she vomited or had diarrhea
- **ANTIBIOTICS:** Keep your child home until 24 hours after the FIRST dose of antibiotic for strep throat

Please note that head colds can be contagious for at least 48 hours. We often have many children coming to school with head colds, and each one is passing their sickness to others. Please help others from becoming sick by keeping your child home while the sickest.

Please note: If your child is out of school for 5 or more days, a doctor's note is required for re-entry to school