When to Keep Your Child Home:

Fever

OK FOR SCHOOL:
Your child is good to go if they're over 4 months old; have a fever below 100°F, drinking liquids and acting normal.

TOO SICK:

- If your child is 4 months old or younger, call the doctor at the slightest sign of fever or sudden change in your child's actions; day-care is out.
- Older children should stay home if their fever is above 100°F.

Keep home until they have been fever-free for 24 hours without the use of fever-lowering medicine and are back to normal.

Sore Throat

OK FOR SCHOOL:
A sore throat with a runny nose is often just due to simple swelling; send them off as long as they are fever-free

TOO SICK:
If the achy throat comes with swollen glands, a fever, headache, or tummy ache, call the doctor.

Red Eye

OK FOR SCHOOL:
When the white part of the child's eye is only a little pink and the oozing is clear and watery, they likely have a school-safe allergy.

TOO SICK:
If the eye is stuck shut, bright red, and/or the oozing is yellow or green, this tells us it is a very catching germ form of pinkeye (conjunctivitis). The child should stay home until they have been on drugs that fight the germs for 24 hours.

Diarrhea (Poop)

OK FOR SCHOOL:
Your child is acting normal and their poop is only slightly loose, the child has the all-clear.

TOO SICK:
Children who poop more than 3 times in 24 hours need to stay home. If you see blood or mucus in the poop, call the doctor.

Throwing UP

OK FOR SCHOOL:
If they have thrown-up 1 time in 24 hours, it is ok to send to school. Sometimes kids throw-up because of mucus left over from a cold

TOO SICK:
If your child has thrown-up two or more times in 24 hours, keep them home. Give them small amounts of liquids often. If they still throw-up after 3 days, or at any time becomes more often, call the doctor.

Tummy Pain

OK FOR SCHOOL:
If this is your child's only sign of sickness and they are active, send them to school. It could be they cannot poop or they may even have a case of nerves (in which case; a hug will go a long way).

TOO SICK:
Any tummy pain connected to throwing-up, loose poop, fever, or the child does not want to play; call the doctor.

Southwest Nebraska Public Health Department