



When to stay home:	When to return to school:
Fever (Armpit temperature 99 degrees F or higher, mouth temperature 100 degrees F or higher)	Armpit temperature is less than 99 degrees F or mouth temperature is less than 100 degrees F for a minimum of 24 hours. Child must be fever free without the aid of Tylenol®, or any other fever reducing substance
Behavior Changes (child unable to participate in daily activities, crying continuously, irritable)	24 hours after behavior has returned to normal
Vomiting (two or more times in 24 hours)	24 hours after vomiting has stopped
Diarrhea (two or more loose, bloody or watery stools in the last 24 hours)	24 hours after diarrhea has stopped
Cold/flu-like symptoms (may have some or all symptoms including: fever, cough, sore throat, runny nose, body aches, headache, chills, fatigue)	24 hours after symptoms are gone or a doctor note is received that states child does not have a contagious illness that requires staying home from school
Breathing trouble, sore throat, swollen glands, loss of voice, hacking or continuous coughing	Doctor note is received that states child does not have a contagious illness that requires staying home from school
Mouth Sores	Doctor note that states child does not have a contagious illness that requires staying home from school
Rash/Skin Lesions	Doctor note that states child does not have a contagious illness that requires staying home from school
Eye Drainage	Doctor note that states child does not have a contagious illness that requires staying home from school

Note: Allergy related symptoms and non-communicable illnesses do not require exclusion if you have a doctor note.

How to keep yourself and others healthy:

- Stay home when you are sick
- Stay home if you have been exposed to a family or household member who is sick
- Cover coughs and sneezes with a tissue
- Wash hands or use hand sanitizer
- Remember that you are most contagious at the beginning of your illness



If You Are Sick Don't Go...

Stay Home!
Stop the Spread of Cold and Flu Germs.

It's easy to spread cold and flu germs. If you are sick, you should stay home from work, school, and other places where you might infect people.

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PROTECTION TIP:

Stay home if you're sick.

Sounds like a no brainer but a little common sense goes a long way. Do yourself and your co-workers a favor and take the time to rest and recover so you can come back healthier and more productive.

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Stay home when you are sick