



Fort Dix Elementary School Sick Day Guidelines:

Making the Right Call When Your Child is Sick:

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

School policy requires a child to **stay home** if he or she:

- Has a fever of 100.0 or higher
- Has been **vomiting** or has **diarrhea**
- Has symptoms that keep your child from participating in school, such as:
 - Very tired or poor appetite
 - Cough that he or she cannot control or sneezing often
 - Headaches, 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 are a headache and stomach upset, or rash. Call your doctor if your child has these signs. A special test is needed to know if it is strep throat.
- **Keep your child home if he or she is coughing or sneezing often because this spreads the sickness to others.**

24 Hour Rule:

- **FEVER:** Keep your child home until his or her **FEVER has been gone 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.
 - **EXAMPLE:** If your child is sent home sick on a Wednesday, the student cannot return to school until Friday.
- **VOMITING OR DIARRHEA:** Keep your child home for 24 hours after the last time he or she vomited or had diarrhea.
 - **EXAMPLE:** If your child is sent home sick on a Wednesday, the student cannot return to school until Friday.
- **ANTIBIOTICS:** Keep your child home until 24 hours after the **FIRST dose of antibiotics** for something like an ear infection or strep throat.

We often have many children and adults with colds coming to school, and each one is passing their sickness to others. Please help others from becoming sick by keeping your child home while they are the sickest.

If you have any questions, please contact me at **609-893-8141 ext. 1966**

Thank you for your cooperation,

Alisa Ventre, RN
Fort Dix School Nurse