

Symptoms Indicating Your Child Should Stay Home:

Fever over 100°F: Many schools require children to be fever-free for 24 hours without medication before returning.

Nausea and vomiting: Children should keep food and liquid down for at least 48 hours before returning to school.

Diarrhea: Symptom-free for at least 48 hours is advisable before returning to school.

Respiratory symptoms: Persistent coughing or difficulty breathing may warrant a day of rest at home.

Sore throat with other symptoms: A sore throat accompanied by fever, headache, or chills should keep your child home.

Flu-like symptoms: Body aches and chills are common signs of the flu. Keep your child home until these symptoms subside.

Red eyes with other symptoms: Conjunctivitis may be present if red eyes are accompanied by fever, eye drainage, mucus, crust, swollen eyelids, or a sensation of "sand in the eyes."

Determining when to Keep Your Child Home or Seek Medical Attention:

The decision hinges on the type and severity of symptoms. While a slight fever or common cold can often be managed at home, ongoing high fevers, intense pain, persistent vomiting, diarrhea, or worsening symptoms may require professional evaluation.

When to Seek Medical Care:

Persistent fever: Consult a provider if your child's fever persists beyond 24 hours (for children under 2) or three days (for children 2 and older) or doesn't respond to medication.

High fever: A fever exceeding 104°F in a child of any age should prompt a medical evaluation.

Prolonged vomiting/diarrhea: Medical attention is necessary if vomiting or diarrhea lasts for more than 24 hours.

Persistent cold/cough: Consult a healthcare professional if your child's cold or cough persists beyond six or seven days or worsens with the development of a fever.

Ear pain/drainage: Medical assessment is recommended for ear pain with a fever or drainage leaking from the ear.

Sharp abdominal pains: Seek medical attention for sharp and persistent stomach or abdominal pains.

Severe sore throat: If your child's sore throat is severe and accompanied by other symptoms, a doctor's evaluation is necessary.

Blood in urine/diarrhea: Any presence of blood in urine or diarrhea requires immediate medical care.

Dehydration: Seek medical care if your child has not urinated or had a wet diaper in 8 hours or if they won't take anything to drink for more than a few hours. Also, for children under 1 year old exclusively using oral rehydration solution for 24 hours, seek medical care.

Deciding when to keep your child home and when to seek medical care are crucial aspects of aiding your child's recovery and limiting the spread of illness. We hope these guidelines can support you in making these decisions confidently.