

Too Sick for School?



Send me to school if...

- I have a runny nose or just a cough, but no other symptoms.
- I haven't taken any fever-reducing medicine for 24 hours, and I haven't had a fever during that time.
- I haven't thrown up or had any diarrhea for 48 hours.



Keep me at home if...

- I have a temperature higher than 100 degrees even after taking medicine.
- I'm throwing up or have diarrhea.
- My eyes are pink and crusty.

If you keep me home, remember to call my school immediately to report my absence!



Call the doctor if...

- I have a temperature higher than 100 degrees for more than two days.
- I've been throwing up or have diarrhea for more than two days.
- I've had sniffles for more than a week, and they aren't getting better
- I still have asthma symptoms after using my asthma medicine (call 911 if I'm having trouble breathing after using an inhaler).

Be sure to get a note from the doctor and bring it to my school!

"If a person is showing symptoms of fever, cough, shortness of breath - they are advised to stay at home from work or school until free of symptoms for 72 hours or after seven days from the start of symptoms, whichever is longer" [Current COVID-19 Requirements]