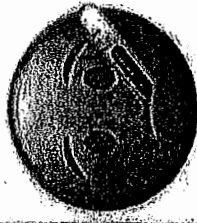
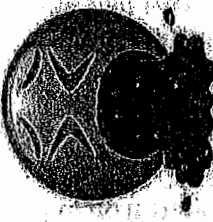
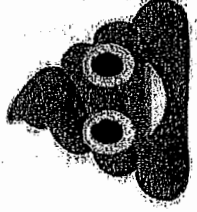
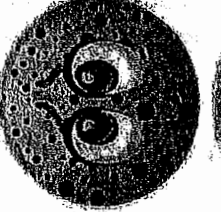
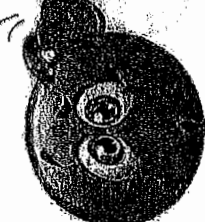
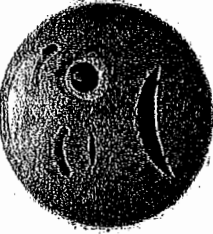
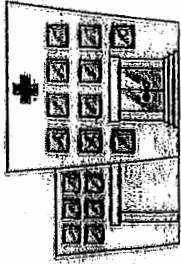


# I NEED TO STAY HOME IF . . . . .

<p><b>I HAVE A FEVER</b></p> 	<p><b>I AM VOMITING</b></p> 	<p><b>I HAVE DIARRHEA</b></p> 	<p><b>I HAVE A RASH</b></p> 	<p><b>I HAVE HEAD LICE</b></p> 	<p><b>I HAVE AN EYE INFECTION</b></p> 	<p><b>I HAVE BEEN IN THE HOSPITAL</b></p> 
<p>Temperature of 100.0 or higher</p>	<p>Within the past 24 hours</p>	<p>Within the past 24 hours</p>	<p>Body rash with itching or fever</p>	<p>Itchy head, active head lice</p>	<p>Redness, itching, and/or "crusty" drainage from eye</p>	<p>Hospital stay and/or ER visit</p>

# I AM READY TO GO BACK TO SCHOOL WHEN I AM . . . . .

<p>Fever Free for 24 hours without the use of fever reducing medication. i.e. Tylenol, Motrin</p>	<p>Free from vomiting for at least 2 solid meals.</p>	<p>Free from diarrhea for at least 24 hours.</p>	<p>Free from rash, itching or fever. Evaluated by my doctor, if needed.</p>	<p>Treated with appropriate lice treatment at home.</p>	<p>Evaluated by my doctor and have a note to return to school.</p>	<p>Released by my doctor to return to school.</p>
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**Southwest Nebraska  
Public Health Department**

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 308-345-4223  
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# 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 pink eye (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.



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