



## When to keep your child home from school

Many parents ask, “When is my child sick enough to stay home from school?” This is not always an easy question to answer. We hope that these tips can help.

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

Our school policy states that you should not send your child to school if he/she has:

- Fever in the past 24 hours
- Muscle or body aches
- Vomiting and/or diarrhea in the past 24 hours
- Shortness of breath or difficulty breathing
- Large amounts of mucous (liquid) from their nose, with face pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever
- Undiagnosed rash
- Sore throat with or without a fever
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
- Bad cold, with a runny nose or cough, especially if it has kept the child awake at night

If your child becomes ill at school you will be notified. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. If your daytime or emergency phone number changes during the year, please notify your child’s teacher immediately.

**School Policy:** Child can return to school with a negative Covid test or a doctor’s note with an alternative diagnosis and must be symptom free.

Please be sure to complete the [daily health screening](#) every day!

Please contact us if you have any questions.

Sincerely,  
*Angels in the Gardens*