

## Public Health Advice on Limiting Disease Spread: When to keep your child home from school

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When your child is sick, it can be hard to decide if they should stay at home. Getting sick is never easy; busy parents have lots to think about. A sick child who comes to school will find it hard to learn, and may not get the rest and fluids they need to get better. They can also give infections to other children and staff. Please let the school know if your child has a condition that could spread to others.

### Keep your child at home if your child has any:

- **Fever:** Keep your child at home if they have a fever of 38°C (100.4°F) or higher. A fever usually means your child's immune system is fighting an infection. Before they come back to school, their fever needs to be gone for 24 hours without medicine.
- **Cough with coloured phlegm:** If your child has a cough that produces coloured mucus or comes with fever, they should stay home from school until they are feeling better.
- **Sore throat with fever:** If your child has strep throat, they need to stay home until 24 hours after they start antibiotics.
- **Vomiting or diarrhea:** If your child has new or unexplained vomiting (more than 2 times in 24 hours) or diarrhea (3 or more loose or watery stools in 24 hours), they need to stay home. Before they come back to school, they need to be free from vomiting or diarrhea for 48 hours.
- **Skin Rash with fever:** If your child has a rash and a fever, they need to stay home until their temperature is normal for 24 hours without medication. Sometimes a rash is a sign of a contagious disease such as chicken pox or measles.
- **Red painful eyes:** If your child has red painful eyes with pus, lots of tears, or crusting they may have "Pink Eye" and your child should see the doctor or pharmacist. If they need treatment, the child can return to school 24 hours after starting treatment.
- **Scabies:** Scabies should be treated for 24 hours before sending your child to school. The School District has information on the treatment of head lice on its website. Public Health does not advise children with head lice to stay home from school.

### Your child should see a health professional (doctor or nurse practitioner) if your child has:

- A fever lasting more than 2 days
- Blood in their stools (poop)
- Severe vomiting lasting more than 2 days
- Difficulty breathing
- A rash with fluid or pus
- Red painful eyes with white or yellow fluid

You can help the school be a healthy place for learning. Teach your child to wash their hands often, and to cough or sneeze into a disposable tissue or their sleeve. You can help your child stay well by getting them a flu shot and routine immunizations, giving them a balanced diet, helping them to be active outdoors and making sure they get enough sleep. You can find health information you can trust at:

[www.cps.ca](http://www.cps.ca) → [Caring for Kids](#) → [Illnesses and Infections](#)

Anglophone West School District and Healthy Learners in School Public Health Nurses (2015)

<http://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/CDC/HealthProfessionals/SchoolExclusionGuidelines.pdf>