



Health Team

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When to Keep Kids Home from School

It's not always easy to know when to send your child to school, and when to leave your child home. The following guidelines are based on public health science. If you have any questions about them, please contact your school nurse.



Please keep your child home if he/she is experiencing any of the following symptoms:

- Fever of 100.4° F (39.0° C). Note that ear temperatures are often not accurate and temperature should be taken using another route if the temperature is high.) It is recommended that children stay home 24 hours after a fever breaks
- Uncontrolled coughing
- Sore throat
- Vomiting more than once a day, or accompanied by fever, rash or general weakness.
- Diarrhea
- Rash with fever or behavior changes
- Unusual Fatigue or Lethargy
- Nasal congestion or runny nose not caused by allergies or smoke issues, especially if nasal discharge is green or yellow

If symptoms of COVID-19, test and stay home.

Antibiotics: Children who are placed on antibiotics for impetigo, strep throat, and several other bacterial infections, should be on them for a **FULL 24 hours**, (longer for Pertussis/Whooping Cough) before returning to school to prevent the spread of those infections. If you are uncertain, ask your school nurse.

If at any time you are unsure if your child's illness is contagious, you may want to call your child's primary care provider. If you have further questions, please contact your school nurse.

Please contact your child's teacher if your child is out of school due to illness. You will also be called to pick up your child from school if he/she shows any of the above illness symptoms.

Thank you for your cooperation regarding this matter. Our goal is to keep students and staff as healthy as possible.

HCOE Health Team

(707) 445-7051

<https://hcoe.org/health-team/>