

Too Sick for School?

A quick guide to help you decide when to keep your child home



Going to school every day helps your child learn and build strong routines. But when kids are sick, it's important they rest and feel better before returning to the classroom.

Can My Child Go to School Today?

Yes, if they...

- Have a runny nose or light cough with no fever
- Have not had a fever in the last 24 hours and haven't taken medicine
- Had a stomachache without vomiting
- Have a light rash with no other problems
- Have watery eyes, but are not red, swollen, or painful

No, if they...

- Have a fever of 100.4°F (38°C) or higher
- Threw up two or more times in the last 24 hours
- Have watery diarrhea or had an accident, or may be prone to one
- Are too tired or sick to join class or play
- Have red, swollen or painful eyes or they had an eye injury

Call the Doctor If Your Child:

- » Has a fever and pain (like earache, sore throat, stomachache, toothache or headache)
- » Has blood in their stool is dehydrated or hasn't peed in 8 hours
- » Has a cough that won't go away or trouble breathing
- » Has eye pain, swelling, or injury
- » Has a rash that is painful, has blisters, or looks like bruises



If you are not sure whether to send your child to school, have specific concerns regarding your child's physical or mental health, or are worried about spreading illness, contact your child's health care provider, urgent care or the school nurse. These tips are not meant to take the place of local health department guidance.

