

A MESSAGE FROM YOUR HEALTH DEPARTMENT



When to Keep Your Child Home...

Because infections spread easily from one child to another, keep your child home, if he/she has any of the following symptoms:

- ⊗ Fever - (temperature of 100° F or higher, taken under the arm) AND sore throat, rash, vomiting, diarrhea, earache, irritability or confusion;
- ⊗ Diarrhea - 3 or more watery stools (BM, poop) in a 24 hour period;
- ⊗ Vomiting - two or more times within the past 24 hours;
- ⊗ Rash - body rash, especially with fever or itching;
- ⊗ Sore throat - with fever and swollen glands;
- ⊗ Eye discharge - thick mucus or pus draining from the eye, or pink eye; or
- ⊗ Not Feeling Good - unusually tired, pale, lack of appetite, confused or irritable.

A child with any of these symptoms may infect other children. If *all* parents keep sick children at home, everybody's children will stay healthier.

NOTE: Also keep your child at home if he/she has head lice.

What to Do When Your Child Is Sick...

- ⊗ Have plans for back-up child care.
- ⊗ Tell your caregiver about any illness your child has. He/She needs to know even if your child stays home.