

Consider keeping children at home for an extra day of rest and observation if they have:

- * Fever greater than 100 degrees
- * Chills
- * General tiredness or not feeling good
- * Frequent congested (wet) or croup-sounding cough
- * Lots of nasal congestion with frequent blowing of nose
- * Stomach symptoms are not a part of cold or flu symptoms but for good health sake follow these guidelines for staying home and preventing spread of disease:
- * Vomiting (even just once)
- * Diarrhea
- * Symptoms of cold or flu

A cold or flu spreads most easily during the first 48 hours. A child who has a fever should remain at home until the fever has been 100 degrees or lower for 24 hours. Usually, antibiotics are not given for simple colds and flu. Strep throat or ear infections may require antibiotics. A child taking antibiotics should be on the medication for 24 hours before returning to school. A child may awaken with unclear complaints, which could be a cold or flu. If this happens, it is wise to observe him or her at home for an hour or two before deciding whether to bring him/her to school. Many of you do this already!

Consider keeping children at home for an extra day of rest and observation if they have:

- * Very stuffy or runny nose, and/or cough
- * Mild sore throat (no fever, no exposure to strep throat)
- * Headache

A child should be physically able to participate in all school activities when returning to school. Keeping a sick child at home will help reduce the spread of colds and flu in the classroom. It is a very long day for a child who is sent to school sick.

For additional information, we recommend the following web sites:

- * KidsHealth.org
- * WebMD.org
- * CDC.gov