

Is My Child Too Sick to Come to School?

Children should stay home from school if they are experiencing any of the following symptoms:

- **Vomiting:** Your child may return to school 24 hours after the last episode of vomiting.
- **Diarrhea:** Your child may return to school 24 hours after the last episode of diarrhea.
- **Fever:** 100.4 degrees F or greater. Your child may return to school 24 hours after the last episode of fever and without the use of fever reducing medications.
- **Rash:** Contact the school nurse for guidance.
- **Pink eye:** Children and adults do not need to stay home unless they have a fever. If your child is at SECC, please contact the nurse.
- **Sore throat:** Students may attend school with a minor sore throat. Please keep children home if they have a sore throat and fever over 100.4. Please follow the fever guidelines.
- **Cough:** If your child is coughing so much that he is unable to sleep well or vomits after coughing, please keep your child home.
- **You know your child best!:** If you think your child is getting sick, keep him/her home to get plenty of rest. Children generally recover quickly.

If you have questions or are unsure if your child should come to school, contact your doctor or the school nurse:

SECC: Lindsay Haarmeyer 719-530-5358

Longfellow: Missy Tanner 719-530-5264

Salida Middle School and Crest: Cari Beasley 719-530-5408

Salida High School and HEA: Rebecca Capozza 719-530-5408