








# When To Stay Home From School (At A Glance Reference Sheet)



To help reduce the spread of illness to students and staff, please monitor for symptoms daily and stay home from school for the following reasons\*:

Symptom	May return after...
 <b>Fever of 100.4°F or higher</b>	You have been fever free for 24 hours without fever-reducing medication (such as Tylenol/acetaminophen or Motrin/ibuprofen) and you are feeling well enough to actively participate in normal daily activities.
 <b>Vomit / Diarrhea</b>	You have not vomited for 24 hours, are diarrhea-free for 48 hours without the use of medication, and you are feeling well enough to actively participate in normal daily activities.
 <b>Sore Throat, Swollen Glands, or Other Communicable Illness (CONTACT YOUR DOCTOR)</b>	You have been on an antibiotic for at least 12 hours OR a healthcare provider has provided a note clearing you to return OR symptoms have significantly improved and you are feeling well enough to actively participate in normal daily activities.
 <b>Persistent Cough / Congestion</b>	Your cough has become sporadic, no other symptoms are present, and you are feeling well enough to actively participate in normal daily activities.
 <b>Pink or Red Eyes With Discharge (CONTACT YOUR DOCTOR)</b>	For pink/red eyes not associated with allergies or other benign causes, you may return when you are feeling well enough to actively participate in normal daily activities.
 <b>Rash (CONTACT YOUR DOCTOR)</b>	Please consult with your healthcare provider regarding the cause of the rash. Please discuss with a District Nurse before returning to school.
 <b>Household Contact of Communicable Illness</b>	If a household member is diagnosed with a communicable illness or virus of concern (i.e. measles, whooping cough, etc.) please follow the recommendations of the Rock County Health Department and consult with a District Nurse on when you may return to school.

## When returning to school following an illness...

To support a healthy school environment, continuing precautions when around others may be necessary. **To prevent the spread of respiratory illnesses such as RSV, COVID-19 and influenza, this may include physical distancing, masks, and increased hand hygiene for five days upon your return to school.** Please consult with one of our District Nurses if you have any questions.

\*This chart includes common ailments and symptoms only. If you have questions about your specific illness or symptoms not included in this chart, please contact one of our District Nurses for guidance.