

# Bellefonte Area School District

## General Sick Day Rules

The following guidelines were in place prior to the COVID-19 global pandemic and still remain in place.

Students should remain home from school or will be sent home from school if the child:

- ☐ Has a fever of 100.4
- ☐ Has vomiting or diarrhea, 2 or more times during the school day
- ☐ Has vomiting or diarrhea 2 or more times the night prior to the school day

Please keep your child home from school if he/she/they:

- ☐ Has a cough that he/she/they cannot control
- ☐ Has frequent sneezing with sinus congestion that cannot be controlled
- ☐ Headache
- ☐ Body ache
- ☐ Appears tired
- ☐ Has a lack of appetite
- ☐ Has a severe sore throat

*A note about strep throat - A severe sore throat could be strep even without a fever. Other signs of strep throat in children are headache, upset stomach, or rash. Call your healthcare provider if your child has these signs. A strep test is needed to know for sure if it is strep throat.*

### 24 Hour Rule:

- Fever: Keep your child home until he/she/they is **fever-free without medicine for 24 hours.**
- Vomiting or diarrhea: Keep your child home for 24 hours after the last time he/she/they has vomited or had diarrhea.
- Antibiotics: Keep your child home until 24 hours after the first dose of antibiotics for anything like an ear infection, strep throat, or conjunctivitis (pink eye)

Many times children and adults come to school with colds and as a result, each one is passing their illness to others. Please help others from becoming ill by keeping your child home when they are ill.