

Go to School or Stay Home?



School attendance is critical for wellbeing and learning.

These tips can help to decide when a student should stay home if not feeling well.

Go to school:

- runny nose or mild cough, but no other symptoms
- mild stomach ache
- mild rash and no other symptoms
- eye drainage WITHOUT fever, eye pain or eyelid redness
- NO fever overnight and NO medicine taken to lower it during that time
- have not thrown up or had diarrhea in the past 48 hours



Stay home:

- a temperature higher than 100.4 F / 38 C, chills, sore throat, new or worsening cough
- throwing up or having diarrhea (watery stool)
- have been advised by public health or health care provider to stay home due to a known or suspected contagious illness
- have a known or suspected contagious illness

*For information on specific illnesses, please see our Common Childhood Illness Reference Sheet at LakelandsPH.ca

Return to school:

- fever-free without the use of fever reducing medication AND symptoms have been improving for 24 hours
- 48 hours after last throw up or diarrhea and feeling well enough to take part in activities

If you have concerns about physical/mental health or about the spread of illness:

- contact a health care provider
- call/text 811 (Health 811)
- call 911 for emergencies

Visit LakelandsPH.ca or contact your School Health Team at **1-866-575-4567** for more information

**These tips are not meant to take the place of local Public Health/ School District health guidance about contagious illnesses.*