



SHOULD I KEEP MY CHILD HOME?

**If your child is sick, keep them home from school or child care.
This prevents illness from spreading to others.**

Keep Your Child Home If They Have:

- A fever of 38°C (100.4°F) or higher within the past 24 hours
- Cold or flu symptoms that are getting worse or are not improving, such as:
 - Cough
 - Runny or stuffy nose
 - Sore throat
 - Headache
 - Chills
 - Unusual tiredness
- Vomiting (throwing up) or diarrhea (loose stools) within the past 48 hours
- A new rash, or a rash that has not been checked by a health care provider
- Red eyes, eye discharge, ear pain, or another new sign of illness
- A known or suspected illness that can spread to others
- Symptoms that make it hard for them to:
 - Learn
 - Play
 - Eat normally
 - Join regular activities



***REMEMBER:** Tell the school or child care centre why your child is absent and what symptoms they have.



When Your Child Can Return

- They have had no fever for at least 24 hours without using fever-reducing medicine.
- They have had no vomiting or diarrhea for at least 48 hours.
- They have followed any advice from their health care provider.
- They have been feeling better and their symptoms have improved for at least 24 hours.
- They feel well enough to take part in regular school or child care activities.

Get Emergency Care Now

- A baby younger than 3 months with a fever
- A serious injury, such as a possible broken bone, burn, head injury, or bleeding that will not stop
- They are hard to wake, very weak, or confused
- Signs of dehydration, such as very little urine, a dry mouth, no tears when crying, or unusual sleepiness and not being able to drink, or vomiting or severe diarrhea
- Trouble breathing
- Stiff neck
- Severe pain



Need Health Advice?

- Contact your child's health care provider.
- Call Health811 by dialling 8-1-1 to speak with a registered nurse any time, day or night.

Is it an Emergency?

Call 911 or go to the nearest emergency department if your child needs immediate medical help.

Helpful Link

Sick Kids® -- www.aboutkidshealth.ca



www.wechu.org

