



SHOULD I STAY HOME?

If you are sick, stay home from school to prevent illness from spreading to others.

Stay Home If You 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 or diarrhea 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 to:
 - Concentrate and learn in class
 - Participate in school activities
 - Eat normally
 - Take part in your regular daily activities



***REMEMBER:** Tell your school why you're absent, and what symptoms you have.



You Can Return When:

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

Get Emergency Care Now:

- Trouble breathing
- Extreme tiredness and/or difficulty waking up
- Dehydration
- Vomiting, severe diarrhea or unable to keep fluids down for 8 hours or more
- A serious injury, such as a possible broken bone, burn, head injury, or bleeding that will not stop
- Stiff neck
- Severe pain



Need Health Advice?

- Contact your 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 you need immediate medical help.



www.wechu.org

Helpful Links

Ontario College of Family Physicians - [Tips for Teens & Adults with Colds, Flu or COVID-19](#)
Windsor-Essex County Health Unit - [Seasonal Respiratory Illness](#)