WHEN YOUR CHILD ISN’T WELL
Should he or she go to school or child care? Should your child stay home? It is helpful to think about these things before your child is sick. Here are some useful tips to help you decide when to keep your child home or send him or her to school or child care.

RESOURCES:
http://pediatrics.about.com/library/weekly/aa070100.htm
http://www.ahcpr.gov/ptpip/childguide/
http://www.yourpediatrician.com/antic.htm

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WHEN YOUR CHILD IS SICK:
1. Have plans for backup child care.
2. If you have a caregiver, tell them what is wrong with your child, even if your child stays home.

KEEP ME HOME IF...

- **I have a rash, lice or nits.** (Body rash, especially with fever or itching; lice or nits)
- **I have diarrhea.** (Three or more watery stools in 24 hours)
- **I'm vomiting.** (Two or more times in 24 hours)
- **I have an eye infection.** (Thick mucus or pus draining from the eye)
- **I have a fever.** (Temperature of 100°F or more, taken under the arm, and sore throat, rash, vomiting, diarrhea, earache or just not feeling good)
- **I have a sore throat.** (With fever and swollen glands)
- **I'm just not feeling so good.** (Unusually tired, pale, lack of appetite, confused or cranky)