



National
Association of
School Nurses



Sick Day Guidelines

Making the right call when your child has a cold

★ Consider keeping your child home if he or she:

- Has a fever of 100.4°F or higher
- Has been vomiting
- Has symptoms that prevent him or her from participating in school, such as:
 - Excessive tiredness or lack of appetite
 - Productive coughing, sneezing
 - Headache, body aches, earache
 - Sore throat

Keep your child home until his or her fever has been gone for 24 hours without medication. Colds can be contagious for at least 48 hours. Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.

Visit NASN.org or Triaminic.com for more information.

If you're unsure about the best way to treat your child's cold or flu, ask your school nurse, doctor, pharmacist or other healthcare provider.

★ How do I make my child feel better?

- Make sure your child gets plenty of rest and put limits on TV watching
- Encourage fluids like water, soup, juice and ice
- Help your child relax by reading him a story and giving him plenty of TLC
- Consider using a cool humidifier
- When used as directed, children's cough and cold medicines help relieve cough and cold symptoms while your child is getting better. Read and follow the directions carefully and give the exact recommended dose for the child's age. Do not use over-the-counter cough and cold medications for children under the age of four in the U.S.

