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Dear Parents/Guardians,

Here is a simple guide to help you decide when to keep your student home from school and when they can return based on recommendations from the American Academy of Pediatrics and the California Department of Public Health.

**Fever**

- Stay home if a fever is 100.4°F or higher.
- Return when fever has gone away without fever-reducing medication for a full night.

**Diarrhea**

- Stay home if your student's stool is likely to leak or if they are unlikely to make it to the toilet in time. If the stool looks bloody or black, seek medical attention.
- Return when improving.

**Vomiting**

- Stay home if vomiting has occurred two or more times in 24 hours.
- Return when vomiting has ended overnight, and your student is able to hold down liquids and food.

If you have any questions, please contact the school health office.

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School Nurse

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Date