

## WHEN SHOULD I KEEP MY SICK CHILD HOME FROM SCHOOL?

### Things to consider if your child feels unwell:

1. The wellbeing of your child. Without proper rest, a child may have a hard time fighting an illness or be at risk for other illnesses.
2. The ability of your child to actively take part and learn at school.
3. The school staff cannot care for a sick child and give them the support that they may need.
4. The protection of other children.

### Please keep your child home if they:

- Have a fever.
- Are too sick to take part in all normal school activities.
- Have a suspected or known communicable disease (i.e. strep throat, chicken pox, measles).
- Is vomiting or has diarrhea. It is recommended that students be symptom free at least 24 hours before returning to school.

Keep your child home until they are able to participate fully in normal school activities or as told by a health care provider.

*Please let the school know your child's symptoms, as per the school's call back procedures.*

If the school finds it necessary to send your child home because of illness, please make sure you have arranged an emergency contact if you are not available. Inform your school of these arrangements.

### Where can I find more information?

- Health Link BC – By calling 8-1-1, you can speak to a health service navigator, who can help you find information and services, or connect you with a health professional. You can also find information online at <https://www.healthlinkbc.ca>
- Sneezes and Diseases – online at <https://sneezesdiseases.com/>
- BCCDC – online at [Schools \(bccdc.ca\)](https://schools.bccdc.ca)
- VCH – online at [Children, youth & schools - Vancouver Coastal Health \(vch.ca\)](https://children.youthandschools.vch.ca)