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| Well Enough? | Stay Home  Image result for not feeling well clipart | Good to Go! C:\Users\janemart\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\F3YJ2S0R\Tudo_bem[1].jpg |
| Fever | If your child has a temperature of 100.4°F | When your child is fever-free for 24 hours (without fever reducing medications like Tylenol) |
| Vomiting | If your child has vomited in the last 24 hours | When vomiting stops and your child can hold food/water down |
| Diarrhea | If your child has diarrhea more than three times a day or if it is watery | When there is no diarrhea for 24 hours |
| Pinkeye | If the eye is stuck, bright red, oozing yellow or green discharge | When your child has been on antibiotic eye drops for at least 24 hours |
| Strep Throat | If your child has a confirmed case of strep throat | When your child has been on antibiotics for 24 hours |
| Cough/Sore Throat | If your child has an achy throat, swollen glands, a headache or stomachache | When symptoms improve |

How to Prevent Illnesses

1. Wash hands or use hand sanitizer to clean your hands of any germs
2. Cover your cough or sneeze with your elbow or tissue to stop the spread of illness
3. Get plenty of rest, water and eat a healthy diet to boost your immune system
4. Stay home when you are sick to help prevent the spread of illness
5. Clean surfaces like doorknobs, counters, toys, light switches to clean them of any germs
6. Avoid touching your eyes, mouth and nose as that is how germs get into your body.