

# HOW SICK IS TOO SICK FOR SCHOOL?

Cold and flu season is here. See our tips for parents and caregivers:



## KEEP ME HOME:

**Fever**

(higher than 100 degrees)

**Sore Throat**

**Persistent Cough**

**Strep Throat**

**Vomiting or Diarrhea**

**Abdominal Pain**

(severe or long-lasting)

**Illness**

(prevents from participating comfortably in activities)

**ALPINE**  
SCHOOL DISTRICT



## SEND ME TO SCHOOL:

**No Fever**

(without fever-reducing medicine for 24 hours)

**Occasional Cough**

(but no other symptoms)

**Strep Throat**

(after 24 hours of treatment)

**No Vomiting or Diarrhea**

(for 24 hours)

**ALPINE**  
SCHOOL DISTRICT