

Am I too Sick for School or Work?



These tips can help you decide when you or your child should stay home when sick. Please follow the guidance of your health care provider, employer and school district when making the decision to return to work or school. Be reminded to stay home if sick, cover your cough and sneezes and wash hands often this respiratory virus season.

Stay Home if You Have:	SYMPTOMS	Return to Work or School When:
<ul style="list-style-type: none"> • A fever of 100.4 °f or higher. • A fever with a new rash. 	<p>Fever</p>	<ul style="list-style-type: none"> • You have not had a fever for at least 24 hours without the help of fever-reducing medicine. • You have a new rash that has been evaluated by a health care provider and your fever has resolved.
<ul style="list-style-type: none"> • Vomited more than twice in the past 24 hours. 	<p>Vomiting</p>	<ul style="list-style-type: none"> • Your vomiting has resolved overnight and you can hold down food and/or liquids in the morning without taking anti-vomiting medication.*
<ul style="list-style-type: none"> • Diarrhea that causes 'accidents', is bloody, or results in greater than two bowel movements above what is normally experienced in a 24-hour period. • Bloody diarrhea which should be evaluated by a health care provider. 	<p>Diarrhea</p>	<ul style="list-style-type: none"> • Your diarrhea has improved, and you are having no more than 2 bowel movements above normal within the last 24 hours without taking anti-diarrheal medication.* Ensure good hand hygiene during and after illness.
<ul style="list-style-type: none"> • Cough and cold symptoms that are worsening or not improving that are not caused by another source such as seasonal allergies. 	<p>Cough & Other Cold Symptoms</p>	<ul style="list-style-type: none"> • Your cough and cold symptoms have gotten better overall for at least 24 hours.

* This is not applicable for some occupations (health care workers, food handlers, daycare workers, etc.) and/or daycare attendees, which have more stringent requirements that must be met before returning to work or daycare.

