



Well Enough?	<p style="text-align: center; color: red;">Stay Home</p> 	<p style="text-align: center; color: green;">Good to Go!</p> 
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 where germs get into your body.**