

TOO SICK FOR SCHOOL?

The Mehlville School District nurses have created this list to help you make healthy decisions for your child and our schools.



When to stay home:

- Fever of 100.4 degrees or higher
- Feels too sick to participate in school activities
- Needs fever or pain medication (like Tylenol or Motrin) to feel good
- Moderate to severe cough
- Shortness of breath
- Stomach pain
- Sore throat
- Diagnosed with COVID, flu, strep throat or pinkeye
- Vomiting
- Diarrhea
- New rash
- Bloodshot eyes or excessive discharge



If a student develops these symptoms during the school day, nurses will use their discretion to determine whether a student should be sent home.



When to return to school following an illness:

- 5 days following a COVID diagnosis if asymptomatic or symptoms are resolving (no fever, runny nose or productive cough)
- No fever for 24 hours without fever-reducing medications like Tylenol or Motrin
- Occasional cough
- Feels good enough to fully participate in school activities
- No vomiting or diarrhea for 24 hours
- 24-hours of antibiotics following a strep throat, pinkeye or ear infection diagnosis

