

# Your Child is Sick...

## Return to School Guidelines

1. 24 hours with no fever and no medicine like acetaminophen (Tylenol) or ibuprofen.
2. Sick individuals should stay at home until the end of the exclusion period, except when necessary to seek required medical care.
3. Keeping people with a fever at home may reduce the number of people who get infected.
4. Aspirin (acetylsalicylic acid) should not be given to children or teenagers who have influenza; this can cause a rare but serious illness called Reye's syndrome.

For more information on caring for the sick:

<https://www.cdc.gov/flu/consumer/caring-for-someone.htm>

**CDC (Centers for Disease Control and Prevention) recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications**



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