It is that time of year again when colds, influenza, norovirus, enterovirus, and other communicable diseases are prevalent. Children, who go to school while sick, endanger the health of others. A sick child does not learn well in school. Staying home when ill will help shorten the length of illness. The Genesee County Health Department would like to remind parents of steps they should take to keep their children and others safe when symptoms are present. For medical advice regarding a specific illness, please contact your healthcare provider.

**Step 1.** When your child is ill, keep them home.

**Step 2.** Notify the school that your child is sick.

**Step 3.** Check with your healthcare provider for specific medical advice, diagnosis and treatment.

### Guidelines of signs and symptoms to WATCH FOR and REPORT to the school:

<table>
<thead>
<tr>
<th>Fever</th>
<th>Runny nose</th>
<th>Vomiting/Diarrhea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flushed face</td>
<td>Skin rash</td>
<td>Chills</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Cough</td>
<td>Headache</td>
</tr>
</tbody>
</table>

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Your child can return to school when:

- Temperature below 100°F without medication for 24 hours
- No diarrhea or vomiting for 24 hours
- No significant cough, nasal congestion, or stomach ache

These guidelines are also appropriate for adults. The Genesee County Health Department wants you and your children to stay healthy this season. For more information, please visit our website and [www.gchd.us](http://www.gchd.us). If you have not been fully vaccinated yet, we encourage you to do so. Our motto is "Better Life Through Better Health."