Too Sick for Class?

When your child feels under the weather, staying home may protect him or her from further infection and prevent spreading an illness. Use these guidelines to help you decide if your child is too sick for class. Remember, we offer make-up options for missed classes. See your coach or front desk for more information about make-ups.

To avoid spreading an illness to other students, our staff, though not medical professionals, may ask you to take your child home if symptoms of illness are observed before or during class time.

Fever
When your child’s temperature is 100 degrees or higher, keep her at home. She should maintain a normal temperature (98.6 degrees) for at least 24 hours WITHOUT MEDICATION before returning to class.

Nausea/Vomiting
If he has vomited the same day of class, please keep your child at home; do not send him to class. Keep your child home if vomiting recurs or is accompanied by a fever, rash, or weakness.

Diarrhea
Any episode of watery diarrhea warrants a sick day. Keep her home for as long as it takes for the diarrhea to go away.

Flu
If your child catches it, keep him home until symptoms (body aches, high fever, chills, congestion, sore throat, and/or vomiting) subside—usually within five to seven days.

Conjunctivitis/Pink Eye
Your child should be under a physician’s care. She can return to class 24 hours after beginning prescribed treatment or when a physician certifies her non-infectious.

Strep Throat/Scarlet Fever/Etc.
Your child should not be in class until he’s on physician prescribed antibiotics for at least 24 hours and have been cleared for physical activities.

Strategies to prevent illness:

1. Teach your child to wash his hands thoroughly and often.
2. Give your child disposable tissues: remind her to use and discard them.
3. Ensure that your child gets adequate rest each day.

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