



## 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 him/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/she 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 him/her home for as long as it takes for the diarrhea to go away.

### Flu

If your child catches it, keep him/her 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/he 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 they are on physician prescribed antibiotics for at least 24 hours and have been cleared for physical activities.

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### Strategies to prevent illness:

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

Coronavirus concerns: CSC shall continue to follow our protocols outlined above that are part of our annual safety measures during the flu season. CSC will also follow the operational advice expressed officially from the County Health Dept. or other leading authorized agencies and in addition, enhance its regular cleaning of surfaces used regularly for classes. Persons known to have a fever or with a severe regular cough are asked not to attend class. Appropriate makeups will be provided to all our clients.