

Dear Families,

Keep Me Home If...

I have a fever
Temperature of 100f or more (taken under the arm) AND sore throat, rash, vomiting, diarrhea, earache, or just not feeling good.

I have a rash lice or nits
Body rash, especially with a fever or itching. Lice or nits.

I have an eye infection
Thick mucus or pus draining from the eye

I have a sore throat
With fever or swollen glands

I'm just not feeling very good
Unusually tired, pale, lack of appetite confused or cranky

I'm vomiting
Two or more times in 24 hours

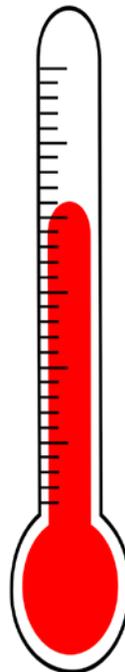
I have diarrhea
3 or more watery stools in 24 hours

**1- Have plans for back up childcare.
2. Tell your caregiver what is wrong with your child, even if your child stays home.**

When your child is sick:

If your child is sick please:

- don't go to playgroup
- cancel your appointment by contacting us at (250) 833-0164 ext 0 or info@shuswapchildrens.ca



Fever Chart		
Rectal	100.4°F 38.4°C	0 months +
Underarm	98.6°F 37°C	3 months +
Temporal	99.6°F 37.6°C	3 months +
Ear	99.6°F 37.6°C	6 months +
Oral	99.6°F 37.6°C	4 years +