

# should i stay OR GO?

what to do when sick



**STAY HOME** if you have had any of these signs in the last 24 hours:

**GO BACK** to school or work, when without signs or on medication for 24 hours:

Nausea, vomiting, or diarrhea

**Belly ache**

Vomiting and diarrhea have stopped

Too sick for regular activity or a fever, above 100 °F

**Cough + Cold**

Fever is gone and you feel better

Green or yellow pus or weeping- see your doctor

**Eye ooze**

After following directions from doctor

Temperature is 100 °F- oral, or 100.4 °F- ear, forehead, or rectal

**Fever**

Normal body temperature returns, around 98.6 °F

Fever, chills, muscle pain, cough, headache, very tired

**Flu**

Fever gone and energy is back

Skin is red, itchy, or if fluid is draining

**Rash**

Rash is gone, or doctor says OK

Pain along throat or hard time eating- see your doctor

**Sore throat**

If antibiotics are used, wait 24 hours before going back

## for more info

To keep your family safe and healthy, visit your health district at [LorainCountyHealth.com](http://LorainCountyHealth.com) or call us at 440-322-6367.



**Lorain County  
Public Health**

For the Health of Us All

