

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:

Nausea, vomiting, or diarrhea

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

Green or yellow pus or weeping- see your doctor

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

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

Skin is red, itchy, or if fluid is draining

Pain along throat or hard time eating- see your doctor

Belly ache

Cough + Cold

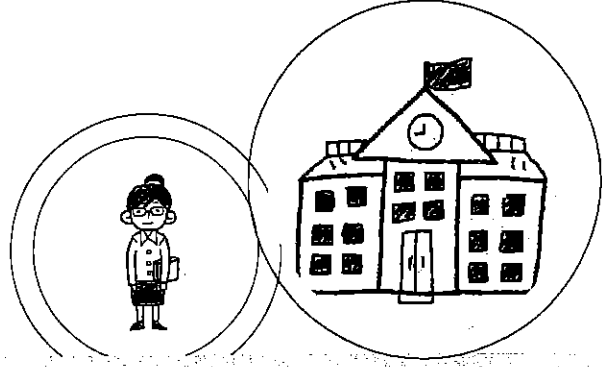
Eye ooze

Fever

Flu

Rash

Sore throat



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

Vomiting and diarrhea have stopped

Fever is gone and you feel better

After following directions from doctor

Normal body temperature returns, around 98.6° F

Fever gone and energy is back

Rash is gone, or doctor says OK

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 or on your favorite social media sites.



**Lorain County
General Health District**

440-322-6367