

# Should I keep my child home from school or childcare?

Going to school and childcare supports your child's learning, confidence and wellbeing. But when they're not feeling well or their usual self, it can be hard to tell if they should attend. Use this guide to help you make the right decision.

## Should my child stay home today?

### Usually ok to attend:

- ✓ Mild cough
- ✓ Running nose
- ✓ Mild headache
- ✓ No fever
- ✓ Eating and drinking normally

If mild symptoms become worse or more frequent, keep your child at home and seek health advice.

### Keep them home if they have:

- × A fever
- × Vomiting or diarrhoea
- × A sore throat that requires pain relief
- × Wheezing, coughing a lot or difficulty breathing
- × School sores (impetigo) or other potentially infectious sores that are uncovered and untreated
- × Untreated scabies
- × Tested positive for COVID-19
- × Been asked to stay home by a healthcare provider or your local public health service

## Seeking health advice

Trust your instinct, if you are worried about your child's health contact your doctor or usual healthcare provider. You can also call **Healthline** for free anytime on **0800 611 116**.

In an emergency, call **111**.

For more information scan the QR code or visit [healthnz.govt.nz](https://healthnz.govt.nz) and search **school guidance**.

