

# Sick-Day Plan Card

Fill the steady parts on a calm night. On a sick morning, only the top lines change.

## ■ THIS SICK DAY

Kid \_\_\_\_\_ Date \_\_\_\_\_

### ■ KEEP HOME IF (CHECK ANY)

- Fever 100.4F / 38C or higher (or your school's line, e.g. over 101F)
- Threw up or had diarrhea in the last 24 hours
- Too wiped out to take part in a normal day
- A rash, sore, or symptom you can't explain
- Something that spreads: pink eye, strep, flu, a bad cough

### ■ PROBABLY OK TO SEND

- Mild runny nose or lingering cough, no fever, normal energy
- Allergy symptoms they get every year
- One symptom that's fading and they seem themselves

### ■ TODAY'S DECISION

Coin flip? Could they take part in a normal day? Would you send another kid in with this? If unsure, keep home and call.

- Keep home
- Send
- Call doctor first

### ■ WHO COVERS TODAY

Morning owner (with the kid) \_\_\_\_\_ until \_\_\_\_\_

Afternoon owner (takes over) \_\_\_\_\_ from \_\_\_\_\_

Backup if neither can be home \_\_\_\_\_ phone \_\_\_\_\_ arrives by \_\_\_\_\_

If sent home, who picks up \_\_\_\_\_

### ■ MEDS + TEMP LOG

MEDICINE	DOSE	LAST GIVEN	NEXT OK AT
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### ■ TEMP CHECKS AND CARE

Temp / time \_\_\_\_\_ Temp / time \_\_\_\_\_ Temp / time \_\_\_\_\_

Fluids / eating \_\_\_\_\_

Call the doctor if \_\_\_\_\_

### ■ THE NOTE TO SCHOOL

Say: [name] is out today with [symptom], back once fever-free 24 hours, thank you.

Absence line / email \_\_\_\_\_

### ■ THE NOTE TO WORK

Say: out with a sick kid, back online by [time], moving [meeting] to [time], reach me at [number].

Who to tell \_\_\_\_\_ how (chat / email / call) \_\_\_\_\_