



A snuffle. A cough. A sore throat. Children come down with illnesses big and small. Some are contagious, some are not. How do you know when to keep your child home from church? At Calvary Chapel, we want to provide a healthy and safe environment for all children in the nursery and Sunday School. Following the guidelines below, you can do your part to protect each of our children.

When Children Should Stay Home From Church

Fever is the body's way of destroying the germs making it sick, and it's a common symptom of infections such as flu. Keep your children home if their temperature is 101° F or higher. Wait until children are fever-free for 24 hours before letting them come to church.

Diarrhea is often the result of infection, food poisoning, or a side effect to medications like antibiotics. Keep children home until stools are formed and make sure your sick child stays well-hydrated.

Vomiting is another way for the body to rid itself of the germs making it sick, and is usually caused by a stomach virus or stomach infection. Keep children home if they've vomited in the last 24 hours.

Severe cough and cold symptoms should keep kids home. A serious cough could be a sign of contagious conditions like whooping cough, viral bronchitis, or croup. It can also be a sign of asthma or allergies.

Sore throats can be a symptom of strep or a common cold. If your child has been diagnosed with strep throat, keep your child at home for at least 24 hours after starting antibiotics.

Pink eye (conjunctivitis) is contagious, and children should stay home for the first 24 hours after treatment begins. Symptoms of pinkeye include eye redness, irritation, swelling, and pus.

Rashes can be the sign of contagious conditions such as chickenpox, bacterial meningitis, or impetigo. Children should be kept home until they are rash-free for 24 hours (allergy and diaper rashes are permissible).

The above guidelines do not apply if your child has a chronic condition that is non-contagious. Please do not bring sick children to church with plans to keep them in the Mother's Room. This puts nursing moms and their babies at risk. Please encourage your children to use good hand washing techniques to prevent the spread of illness. Thank you for following these guidelines - we will all benefit from it!