Should I keep my sick child at home?

If your child is sick, they should stay home.



Sending kids to their child care centre while they are unwell puts others at risk and can make it harder for your child to recover.

Keep your child home if they:

- Have a **fever**, **chills**, **sore throat**, **cough**, **runny nose**, **congestion** or feel very **tired** – keep them home until they are fever-free without the help of fever-reducing medication **AND** the symptoms have been improving for **24 hours**.
- Have **vomiting** or **diarrhea** – keep them home for **48 hours** after the last symptom.
- Have a **rash**, **red** or **swollen eyes**, or **ear pain** – especially if there is discharge or no known cause.
- Have a known or suspected **contagious illness**.
- Just don't seem like themselves – **low energy** or **not eating well**.

! Wait until your child feels better and can take part in all regular child care activities **without extra support** or follow advice from a health care provider. Child care providers generally cannot provide the extra support a sick child may need.

Help us keep everyone healthy!

- Tell the child care provider your **child's symptoms** when reporting an absence.
- Have an emergency contact ready in case your child gets sick at the child care centre.

Need more information?

- If you have questions about your child's health, call your primary care provider or Health Connect Ontario at 8-1-1.
- If you need to seek care: My child is sick. Where do I seek care? (OPH / CHEO)
- If you need help managing fever: What you need to know: Fever (CHEO)

April 2026