



## **WHEN TO KEEP YOUR CHILD HOME FROM CHURCH**

*On one occasion when Jesus was going to the house of a leader of the Pharisees to eat a meal on the sabbath, they were watching him closely. Just then, in front of him, there was a man who had dropsy. And Jesus asked the lawyers and Pharisees, "Is it lawful to cure people on the sabbath, or not?" But they were silent. So Jesus took him and healed him, and sent him away. Then he said to them, "If one of you has a child or an ox that has fallen into a well, will you not immediately pull it out on a sabbath day?" And they could not reply to this.*  
(Lk. 14:1-6)

Parents frequently struggle with whether to keep their sick child home from church. According to scripture, it is both important to observe the sabbath by attending worship **and** it is important to take the time and space to heal on the sabbath. It is sometimes difficult to hold both of these in tension. The Children and Youth Deepening Ministry Team developed these guidelines so that your child can return to optimal health and also to prevent the spread of communicable diseases to the United Parish community.

1. **If your child has any of the following known COVID symptoms, or has a known COVID-exposure,** please wait to return to church school until they have tested negative and/or completed any school-required quarantine period.

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

We request that you notify us of any positive test results, so that we can notify families of a potential exposure.

2. **If your child has tested negative for COVID,** here are our recommendations:

**COLD/COUGH:** If your child has a runny nose and frequent sneezing and coughing, keep your child home until these symptoms lessen, usually 24 to 48 hours. This is when the illness is most contagious. Children with mild cold symptoms may attend Church School.

**FEVER:** If your child has a temperature of 100 degrees or greater, keep your child home until he/she has gone 24 hours of a sustained, normal temperature **without the use of fever-reducing medicine.**

**VOMITING AND/OR DIARRHEA:** If your child has vomiting or diarrhea, keep your child home until 24 hours after the last episode.

**TAKING MEDICATION:** When your primary care provider prescribes antibiotics for: Strep Throat, Bacterial Conjunctivitis, Impetigo or other bacterial illness that is communicable, keep your child at home until she/he has taken at least 24 hours of medication.

If a Church School teacher feels your child is too ill to attend, you may be called and asked to take your child home.