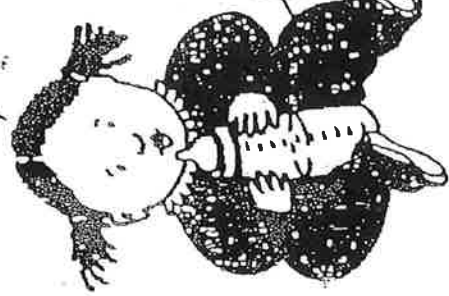


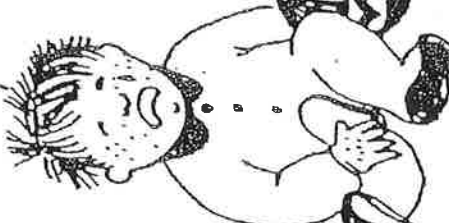
# Keep Me Home If...

I'm vomiting



Two or more times in 24 hours.

I have a rash, lice or nits



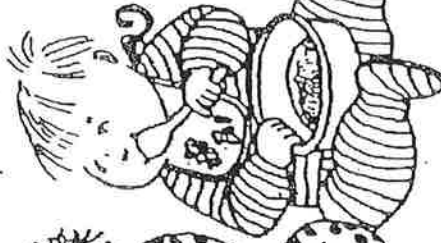
Body rash, especially with a fever or itching. Lice or nits.

I have diarrhoea



3 or more watery stools in 24 hours.

I have an eye infection



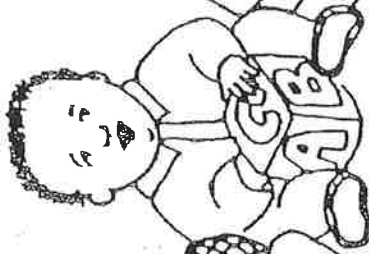
Thick mucus or pus draining from the eye.

I have a sore throat



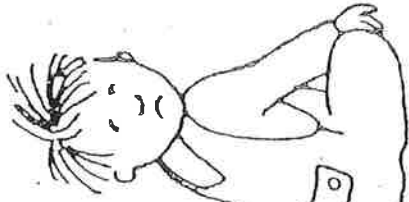
With fever or swollen glands.

I'm just not feeling very good.



Unusually tired, pale, lack of appetite, confused or cranky.

I have a fever



Temperature of 100° (F) or more, (taken under the arm) AND sore throat, rash vomiting, diarrhoea, or just not feeling good.

## When Your Child is Sick:

1. Have plans for back up child care.
2. Tell your caregiver what is wrong with your child, even if your child stays home.

\*SAMPLE\*

# TRINITY EDUCARE

## DAILY MENU



# JANUARY

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

<p>BREAKFAST</p>	<p>CEREAL O.J. 1%</p>	<p>DONUTS MANDARIN ORANGES 1%</p>	<p>PANCAKES PEACHES 1%</p>	<p>GRANOLA BAR APPLESAUCE 1%</p>	<p>CEREAL O.J. 1%</p>
<p>LUNCH WEEK OF: 1/10/11</p>	<p>BREAKFAST SAUSAGE WAFFLE w/ SYRUP POTATO WEDGE ORANGE SMILE MILK 10</p>	<p>PASTA w/ MEAT SAUCE GREEN BEANS CHILLED PEACHES HOT ROLL MILK 11</p>	<p>HOT DOG/BUN TATER TOTS APPLE WEDGES MILK 12</p>	<p>CHICKEN SOUP STRING CHEESE CARROTS &amp; CELERY APPLESAUCE CINNAMON ROLL MILK 13</p>	<p>TURKEY &amp; CHEESE SANDWICH TOSSED SALAD CHILLED PEARS MILK 14</p>
<p>AFTERNOON SNACK</p>	<p>SNACK MIX CRACKERS &amp; APPLE JUICE</p>	<p>HOMEMADE ROLL &amp; 1%</p>	<p>AMERICAN CHEESE &amp; SALTINES</p>	<p>SNACK MIX CRACKERS &amp; APPLE JUICE</p>	<p>HOMEMADE COOKIE &amp; 1%</p>