



### **Guidelines for Keeping Ill Students at Home**

In order to provide a healthy school environment for all students and staff, the following guidelines have been prepared to assist you in decisions relating to your student's health and school attendance. These are general guidelines. School nurses may use clinical judgment to decide whether or not to exclude a student.

- ❖ If your student is not feeling well and you are uncertain about sending them to school on any given day, it is best to keep your student home and observe them for worsening symptoms.
- ❖ COVID-19 illness: If your student has any new COVID-19 symptoms that cannot be attributed to a chronic condition, please take a COVID-19 test. If COVID-19 test is negative, your student may return to school once these symptoms have improved, even if not completely resolved.

Please do not send a student to school with the following symptoms to school:

<b>Cold / Flu</b>	If they have an excessive runny nose, excessive coughing, difficulty breathing, looks/acts very ill.
<b>Cold Sores</b>	If they drool or place toys in their mouths when they have cold sores.
<b>COVID-19 Positive</b>	Student may return to school after 5 days as long as they're feeling well, have improving symptoms and are fever-free for 24 hours. (Day 0 is the day that symptoms began or the date of positive test for those that are asymptomatic.)
<b>Cough / Shortness of Breath / Difficulty Breathing</b>	If there is labored breathing (heaving of chest muscles with each breath), fast breathing at rest, blue color to skin, or wheezing (if never previously evaluated and treated). Student may come to school if symptoms are part of a diagnosed underlying condition.
<b>Diarrhea</b>	If they have diarrhea 2 or more times in a day. Student may return to school once diarrhea can be contained, even if it is not completely resolved.
<b>Eye Infection</b>	If their eyes are red with drainage or watering of the eyes.
<b>Fever / Chills</b>	If they have temperatures at or above 100.0°F. Student may return to school when they have been fever-free (<100.0°F) without fever-reducing medication for at least 24 hours. If you do not have a thermometer, please do not send your student if they have chills.
<b>Headache</b>	If severe headache with vomiting or stiff neck. Please contact your child's primary care physician for further evaluation.
<b>Rash that is Undiagnosed</b>	Student must have the rash diagnosed by a health professional. If student has been diagnosed with impetigo, scabies, or ringworm, they may return to school once treatment is started.
<b>Sore Throat</b>	If they cannot swallow, have excessive drooling, difficulty breathing, fever or behavior change.
<b>Stomachache</b>	If severe pain causing doubling over, crying, screaming, abdominal injury, diarrhea, vomiting, looks and acts ill.
<b>Vomiting / Nausea</b>	If they have vomited two or more times within the past 24 hours. Please inform the school if student vomited before school.

#### **Antibiotics**

Students who take antibiotics for impetigo, strep throat, and several other bacterial infections should be on them for a full 24 hours (5 days for Pertussis/Whooping Cough) before going back to school. If you are not sure, ask your school nurse or your child's primary care provider.