

Health & Safety Guidelines

Flu/Cold, RSV and COVID-19 Protocols for Students

If ill with flu/cold symptoms, remain home until fever free for 48 hours and symptoms have subsided or are improving. In an abundance of caution, if a student tests positive for Covid-19 it is suggested they follow current **CDC Covid-19 Guidelines**.

Too sick for school?

Deciding when a child is too sick to go to school can be a difficult decision to make. When trying to decide, use these guidelines to help make the best decision.

- **Fever:** Keep a child home if they have a temperature of 100 degrees Fahrenheit or higher.
- **Sore throat:** Be mindful of sore throats, especially those with a fever or swollen glands in the neck. If your child has strep throat, they can return to school after 24 hours of appropriate treatment.
- **Diarrhea:** Three or more loose stools in a 24-hour period.
- **Vomiting:** Keep a child home if they've thrown up in a 24-hour period.
- **Rash:** Watch for rashes, especially those that cause a fever, itching or swelling.
- **Chronic cough and/or green nose discharge:** These conditions may be contagious and require treatment. Please visit your healthcare provider.
- **Ear:** Any ear pain with a fever should be evaluated by a physician. Untreated ear infections can cause permanent hearing loss.
- **Eye Redness:** Eyes that have matted or crust on the eyelids after sleep, mucus or pus drainage, redness, and pain should be evaluated by a health care professional for possible "pink eye" or conjunctivitis.
- **Chicken Pox:** Children with Chicken Pox must remain home for five days after the beginning of blisters, or until all pox are scabbed over and dry.
- **Other Symptoms:** Unusually tired, pale, has a lack of appetite, is difficult to wake, confused or irritable. If symptoms persist, check with your doctor or the school nurse.