

# SICK DAY POLICY

Parents and guardians will ensure that their child is symptom free before sending to school. Staff or students who display any of the following symptoms in the previous 24 hours **must** stay home from school, notify the school nurse, and seek medical advice from their treating physician:

- Fever (100.4 degrees or higher)
  - New cough/congestion
  - Shortness of breath/difficulty breathing
  - Muscle and body aches
  - Moderate to severe headache
  - Sore throat
  - Loss of taste or smell
  - Nausea
  - Vomiting
  - Diarrhea
  - Fatigue/exhaustion
  - Rash from unknown cause
  - Skin lesions on palms
  - Swollen lymph nodes
  - Chills
- All staff and students must be fever, vomiting, and diarrhea free, **without** medication for 24 hours prior to returning to school.
  - Is suspected of having Pink Eye/Conjunctivitis and has not been on eye drops or ointment for at least 24 hours.
  - Has Strep Throat and/or Scarlet Fever and has not been on antibiotics for at least 24 hours.
  - Has been diagnosed with Influenza or COVID-19.

## **Additional Health Considerations for Parents/Guardians:**

- Colds can be contagious for at least 48 hours. Returning to school too soon may slow the recovery process and expose others to illness.
- Influenza can be contagious for up to 7 days while symptoms are present. Call your healthcare provider for specific instructions.
- Making sure your student gets plenty of rest, encouraging fluids like water, soup, juice and ice can help him/her to feel better. Putting limits on TV watching and electronics can help your student relax.

It is **recommended** to keep your student home if he/she has symptoms that prevent him/her from participating in school such as:

- Excessive tiredness or lack of appetite.
- Productive coughing and or sneezing.
- Nausea, headache, body aches, ear aches, or sore throat
- Medication needed to treat symptoms will not last an entire school date.

**Remember, sending your sick child to school can spread illness to others.** If a situation arises during the school day when a child becomes ill or is sent to school sick, he/she will be sent home after parents have been notified and proper arrangements have been made to pick up your child. The school reserves the right to assess students and exclude them when indicated to prevent the spread of illnesses. Again we have the responsibility of providing a healthy learning environment to all students and staff.