

## **SICK POLICY**

### **1.**

If your child experiences a fever (temperature 100 degrees or above) and/or any of the following symptoms:

- vomiting
- diarrhea
- persistent cough, sore throat or swollen glands
- irritated eyes or rashes
- pain (earache, stomachache, headache or body aches)
- unusually tired, irritable, pale, confused or lack of appetite

They must remain home from school until symptoms have resolved for 24 hours without the need for medication.

### **2.**

Please use parental judgement if your child is experiencing a runny nose or other mild symptoms. Children too ill to participate in regular school activities should remain home. Any questions or concerns please contact your child's doctor before sending them to school.

Children may return to school after taking medication prescribed by their doctor for a minimum of 24 hours as long as they don't have fever or other serious symptoms.

Please keep your child home if they are contagious or you are concerned they may be contagious. Children with chicken pox are contagious until all blisters are scabbed over, typically in 10-14 days.

### **3.**

A child who has undergone a medical procedure requiring general anesthesia should stay home until instructed it is safe to return by their doctor.

After an extended illness, a doctor's note may be requested to confirm your child is ready to return to school and participate in all activities.

Please notify the teacher if your child will be absent for more than one week or has a contagious illness. It is not necessary to call the school if your child will miss only one session, but it is encouraged and appreciated.

## **PREVENTION TIPS TO REINFORCE TO YOUR CHILDREN:**

- Wash your hands with soap and water or use hand sanitizers..
- If you're not wearing a mask, cover your nose and mouth with a tissue when you cough or sneeze and throw it away OR sneeze and cough in the inside of your elbow.
- Avoid touching your eyes, nose and mouth to prevent germs from spreading.
- When possible, avoid contact with sick people.

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In order to minimize the impact to our school family, we have to be especially aware and proactive. Although it may not eliminate all cases, in order to decrease exposure, we must be cognizant of any new symptoms that may present in our children and families. In order to best care for each other, two components must be adhered to:

1. If your child is not feeling well, or a family member is not feeling well, keep your child home
2. If your child is being tested for the flu, strep throat, COVID, RSV, or any other illness, they must remain at home until you receive negative results and symptoms have cleared.

Our sick policy serves as the basis to our guidelines, and below are the parameters currently being added to it. These boundaries are currently appropriate, but may not apply as the numbers change and the situation shifts (and, hopefully, will be lifted sooner than later). The policy will be modified as needed.

**PLEASE keep your child home when they are sick or when someone in your family is sick. Anyone experiencing cold, COVID-19, or related symptoms should stay home to rest, recover, and help prevent the spread of virus and disease. Also, please keep your child home if another family member is presenting with these symptoms. The symptoms include:**

- fever
- coughing
- sneezing
- runny nose
- congestion
- headache
- sore throat
- fatigue
- nausea
- vomiting
- loss of taste or smell

I understand that the sick policy is becoming more detailed and that keener vigilance is required, but we are in challenging times. We owe it to our families, as well as our school family, to continue being cautious, mindful, and actively doing our part to make things better. Thank you for your constant support, cooperation, and patience. If you have any questions or concerns, please contact me.

**IF THERE ARE ANY SYMPTOMS THAT ARE CONCERNING, THE CHILD SHOULD BE SEEN BY THEIR HEALTH CARE PROVIDER TO EVALUATE THE NEED FOR COVID TESTING.**