



## Wellness Information 2023-2024

Dear Auburn Community,

In an effort to keep our student and staff population healthy this cold and flu season, we need everyone's help. If a student is not feeling well, they should be kept home to rest. We must verify all unreported absences, *so please notify the school of their absence as soon as possible*. Here are some helpful points to keep in mind to determine if your child should come to school:

- Fever, Vomiting and/or Diarrhea: Keep your child home. Your child should remain home until 24 hours have passed without incidents of sickness or fever, without the aid of medication (such as Tylenol or Motrin).
- Coughing/Sneezing/Runny Nose: If your child has a persistent cough that is frequent or distressing, please keep your child home. If they have mild cold symptoms, without fever, and with normal energy level and appetite, your child may come to school. If your child is still recovering from an illness and won't be able to keep up with the demands of the school day please keep your child home to allow for rest and recovery. We encourage at-home covid testing for covid-like symptoms.
- Other Diagnosed Illness (Ex. Flu/RSV): Return to school is based on symptom improvement and based on doctor's recommendation. Please notify your child's school nurse and see the above criteria for more information.
- Diagnosed Illness Requiring Antibiotic Treatment (Ex. Conjunctivitis/Strep): Keep your child home until they have been on antibiotics for at least 12-24 hours depending on doctor's recommendations.
- Rashes: Rashes from an unknown source or widespread rashes should be assessed by your child's primary care physician prior to your child attending school.

If you have any questions or concerns about your child's health, please call your child's school nurse. If you have concerns about your child's academic progress or standing in relation to medical absences, please contact your child's principal.

