Dear Parents and Guardians of Connors School,

Listed below are Connors School's Sick Day Guidelines. Please help us keep your child and the other children and staff of our community safe. If your child is experiencing any of the below symptoms and is staying home from school please email Connorsattendance@hoboken.k12.nj.us. If your child is seen by a doctor please send in a doctor's note to the school nurse.

When Your Child is Sick: Should I keep my child home or send him/her to school? ***School policy requires a child to stay home if he/she***:

- Has a fever of **100 degrees or higher**. Your child may return to school after being fever free for 24 hours without any fever-reducing medicine. (Examples are Tylenol, Motrin, and Advil)
- Has vomited or had diarrhea in the past 24 hours. If your child is sent home for vomiting while in school they will have to stay home the following day if it falls within the 24 hour time period. **Your child must not have vomited or had an episode of diarrhea for at least 24 hours before returning to school**.
- **Has symptoms that prevent him or her from participating in school**, such as:
  - Excessive tiredness or lack of appetite
  - **Persistent coughing** that could be distracting to your child and disruptive to the class.
  - Headache, body aches, earache
- Unexplained rashes or sores
- Crusty, inflamed eyes or other signs of conjunctivitis. **If a diagnosis of pink eye has been made, children must remain home for 24 hours after antibiotics have been given, and/or until all drainage has stopped.**
- Cold or runny nose if nasal discharge is excessive and/or not clear
- Sore throat - a minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Contact your pediatrician as your child needs a strep test to determine if it is strep throat. If you are awaiting results of a strep culture, please keep your child home from school until results have been received. If your child has a **positive result they must be on antibiotics a full 24 hours before returning to school.**

Should any of these conditions be observed while your child is in class, he/she will be sent to the Health Office and the child's parent/guardian will be called. Refer to the below attachments for symptoms of common viruses, strep and pneumonia. Please contact the school nurse at kmarotta@hoboken.k12.nj.us with any questions or concerns.

Symptoms of Pneumonia



High fever.



Cough, sometimes with yellow, green or bloody mucus.



Tiredness (fatigue).



Rapid breathing or heart rate.



Shortness of breath.



Sweating or chills.



Chest or abdominal pain.



Loss of appetite.



Bluish skin, lips or nails.



Confusion or altered mental state.

Cleveland Clinic

RSV, COLD, FLU & COVID-19 SYMPTOM COMPARISON

SYMPTOMS	RSV	COLD	FLU	COVID-19
CHILLS	✓	SOMETIMES	✓	SOMETIMES
COUGH	✓	✓	✓	✓
DECREASED APPETITE	✓		✓	
DIARRHEA / VOMITING			✓	✓
DIFFICULTY BREATHING	✓			✓
FATIGUE	✓	✓	✓	✓
FEVER	✓	SOMETIMES	✓	✓
HEADACHE			✓	✓
LOSS OF TASTE OR SMELL				✓
MUSCLE / BODY ACHES			✓	✓
RUNNY NOSE / CONGESTION	✓	✓	✓	SOMETIMES
SNEEZING	✓	✓	SOMETIMES	
SORE THROAT	✓	✓	SOMETIMES	SOMETIMES

Hackensack Meridian *Health*

Strep Throat

Signs of strep throat may include:



Sore throat that starts suddenly.



Fever and/or chills.



Abdominal pain.



Loss of appetite.



Headache.



Nausea or vomiting.