

Nurse's News

Should they stay or should they go?

(when to keep your child home from school/when they will be sent home from school)



Keeping our students, staff, and community healthy

Presently there are many respiratory and gastrointestinal viruses circulating. Please help keep our school communities as healthy as possible by following these recommendations if your child is not feeling well. Please consult your healthcare provider if you have any questions or concerns about your child's symptoms or if their symptoms persist. Please reinforce proper hand hygiene and cough etiquette with your child.

If your child has any of these symptoms:

Fever ($>100.0^{\circ}$ Fahrenheit or higher):

- Stay home until 24 after fever resolves without fever-reducing medication.
- A covid antigen test is highly recommended before returning to school.

Shortness of breath, muscle or body aches, sore throat, new congestion or runny nose, new loss of taste or smell, or new cough

- First 4 days of symptoms:
 - If symptoms are mild we recommend a covid antigen test each day before deciding if your child can come to school.
 - If negative:
 - Can attend school that day
 - Recommend masking until symptoms resolve.
 - Continue frequent handwashing.
 - If Covid positive
 - Contact the school nurse.
 - Isolate at home until day 6 (day symptoms started is day zero).
 - May return to school on day 6 as long as fever free for 24 hours without the use of fever-reducing medications, AND have improvement in symptoms, AND needs to mask days 6-10 unless they have negative test result (we request emailed screen shot for our records) on day 5 or after
- Day 6 and onward (if still symptomatic)
 - Can come to school without covid antigen testing if symptoms are improving - recommend masking
 - Continue with frequent handwashing.

Colds,RSV - Colds, Influenza, and RSV are caused by viruses. Children average six to ten colds per year. Your child may attend school if they have improvement in symptoms, are fever free for 24 hours without fever-reducing medication AND if you think they will have the stamina to make it through the school day. If symptoms are associated with a fever or they do not readily improve, consult your healthcare provider. Symptoms often come on gradually and may include runny nose, sore throat, coughing, sneezing, watery eyes, ear infection, low-grade fever, malaise, and headache. RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults.

Conjunctivitis (pink eye) – Some signs and symptoms of conjunctivitis are when the white part of the eye is red; eyes are itchy and produce a yellow or green crusty discharge. If suspected, contact your physician. Your child may attend school after being on the antibiotic eye treatment for 12 hours and improvement of symptoms, or when cleared by your healthcare provider (if no antibiotic treatment is needed).

Cough, Difficulty breathing, shortness of breath -if not associated with a pre-existing condition, should stay home, test for Covid-19, and consult your healthcare provider.

Fever – A temperature greater than 100°F is considered a fever. Your child should be fever free, without the use of fever-reducing medication, for 24 hours before returning to school.

Hand, foot and mouth (Coxsackie virus)- usually begins with mild fever, poor appetite, malaise, and sore throat. One or two days after the fever begins, sores develop in the mouth, usually on the tongue, gums, and inside of the cheeks. A skin rash, usually located on the palms of the hands and soles of the feet, with flat or raised red spots and sometimes blisters, develops over 1–2 days. Your child may attend school as long as they are fever free for 24 hours. There is no need to exclude anyone who is feeling well enough to attend school.

Influenza- Influenza is caused by viruses (influenza A or B) and is characterized by the sudden onset of high fever, chills or rigors, headache, malaise, diffuse myalgia, and nonproductive cough. Most people with influenza feel too ill to go to school or work. Your child may attend school if they have been fever free for 24 hours without fever-reducing medication AND they have improvement of symptoms, AND if you think they will have the stamina to make it through the school day. <https://www.cdc.gov/flu/school/guidance.htm>

Rash – A rash is often a sign of a viral illness. It may also be a reaction to a medication or chemical (plant, detergent). If your child has an unusual rash or it is associated with a fever; contact your healthcare provider. Keep your child home until you have discussed the rash with your healthcare provider.

Sore throat - A sore throat in conjunction with a fever, headache or stomach ache may indicate *strep throat*. If diagnosed with strep throat, your child must complete a minimum of 24 hours of antibiotics and be fever free for 24 hours without the use of fever-reducing medication before returning to school.

Vomiting and Diarrhea – Your child should be symptom free for at least 12 hours and should be able to tolerate (no GI upset) eating at least two regular meals before returning to school.

Free rapid antigen test kits

- Available from the government again. To apply for your free at-home tests, go to covid.gov/tests Also, If you are enrolled in Medicaid, you can continue to get over-the-counter and laboratory COVID tests free of charge until Sept. 30, 2024.
- Available again through school as of 12/06/2023. Feel free to call the school nurse if you would like some to be sent home.