



# Quick Guide to the Sick Student

This guide is intended for Non-Nursing Staff to refer to in the absence of a School Nurse. If you have access to a School Nurse in your building, default to their clinical judgment.

Please refer to the [Sick Student Protocol](#) for more in-depth guidance on managing sick/injured students in the school setting.

## Fever Protocol

In healthy school-aged children, the technical threshold of a fever is  $\geq 100.4^{\circ}\text{F}$ , and this elevation should prompt investigation. Temperature should be taken with an approved thermometer type: tympanic (ear), temporal (forehead), oral (mouth), or non-contact infrared. Reassess temperature in 15 minutes using the same thermometer.

Temperature should be assessed when the student presents with the following:

- Difficulty breathing, shortness of breath, rapid breath, or chest tightness
- Persistent cough
- General symptoms like tiredness, weakness, no energy or appetite
- Body aches, chills
- Headache
- Sore throat
- Dizziness
- Eye discharge
- Ear pain or discharge
- Diarrhea
- Nausea, vomiting, or abdominal pain
- Runny nose
- Irritability
- Pain with urination
- Appear pale in color

## Guidance

- If the two temperatures (initial & 15 minutes later) remain at or above  $100.4^{\circ}\text{F}$ , the parent/guardian should be notified, and the student should be sent home.
- If the second measurement is normal and the student does not have any other concerning symptoms/complaints, the student should be returned to class.
- Medication, including fever reducers like acetaminophen (Tylenol) & ibuprofen (Motrin) should NOT be administered unless previously authorized and with the written order of a physician/provider.

## COVID-Like Symptoms

The following symptoms are considered COVID-like and require exclusion if not attributed to a documented underlying condition:

- Fever (100.4°F or higher)
- New onset of moderate to severe headache
- Shortness of breath
- New cough
- Sore throat
- Nausea or vomiting
- Diarrhea
- New loss of sense of taste or smell
- Fatigue from unknown cause
- Muscle or body aches from unknown cause
- Congestion or runny nose

## Guidance

- All students and staff with COVID-like symptoms should be sent home and be tested for COVID-19, be diagnosed with a non-COVID illness, or complete a 5 day isolation if they choose not to test. Those identified as close contacts of a COVID-19 positive person may **not** be excluded. They are highly recommended to mask on days 1-10 post exposure and encouraged to test.
- In the event that a student arrives at school with or develops COVID-like symptoms while at school:
  - Teacher calls the main office and asks for security or another adult to accompany the student to a designated room identified by the principal, such as a care room. Social distance needs to be maintained and the student should be provided a mask to wear while transitioning to and while in the designated room.
  - Temperature of the student should be assessed following the guidance in the FEVER protocol.
  - Nurse, principal or designee calls the student's emergency contact to notify them of the student's isolation and the need for prompt pick up for early dismissal.
  - Document early dismissal with reason in ASPEN.
  - The student will be escorted from the designated room. Once a student is released to the parent/guardian or emergency contact, both must exit the building immediately.

Please refer to the [Sick Student Protocol](#) for further information regarding CPS policies/guidance on students returning to school after experiencing COVID-like symptoms.

## Covid Resources

- [CPS Health and Safety Guidance](#)
- [CPS COVID Testing](#)

- [ISBE Public Health Guidance P-12](#)

## Further Information

Additional information for Non-Nursing Staff on how to manage the following conditions can be found in the [Sick Student Protocol](#):

- General Guidance for the Care of Ill or Injured Students
- Chronic Conditions
  - Asthma, Allergies, Diabetes, Epilepsy/Seizures
- Communicable Diseases
  - Bed Bugs, Chickenpox, Flu, Head Lice, Hand/Foot/Mouth Disease, Measles/Mumps/Rubella, Mononucleosis (Mono), Pertussis (Whooping Cough), Pink Eye, Ringworm, Scabies, Strep Throat, Tuberculosis (TB)
- Gastrointestinal (GI) Illness
  - Stomach Aches, Diarrhea, Vomiting
- Skin Conditions
- Injuries
  - Bites, Amputation, Muscle/Joint Sprains/Strains, Skeletal Dislocations/Fractures, Bruises, Burns, Cuts, Dental Injury, Eye Injury, Head Injury, Heat Exhaustion, Nosebleeds, Puncture Wounds