



Sturgis Charter Public School  
An International Baccalaureate World School



September 7, 2023

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Dear Sturgis Families,

With the recent uptick in Covid cases, as well as the upcoming cold and flu season and the fact that we have immunocompromised students in our schools, we would like to take a moment to remind you of our rules surrounding illness.

**General Illness**

You must keep your student home if they have experienced **ONE** symptom from “List A” or **TWO** or more symptoms from “List B” within the last 24 hours:

<b><u>LIST A</u></b>	<b><u>LIST B</u></b>
<ul style="list-style-type: none"> <li>● Vomiting or diarrhea (not related to a chronic condition.</li> <li>● Fever of 100.0 or greater, chills, or shaking chills</li> <li>● Body aches.muscle pain (not from a known cause)</li> <li>● Difficulty breathing or shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>● Congestion/runny nose</li> <li>● Sore throat</li> <li>● Cough (not chronic)</li> <li>● Headache</li> <li>● Nausea</li> </ul>

**Covid-19**

**Symptomatic:**

- If your student is experiencing two or more of the above listed symptoms please test them for Covid-19 with an unexpired home test. **\*\*All test kits that were given out by Sturgis in the last year have passed their expiration date and are no longer valid\*\***

**Negative test result:**

- If your student has a negative test result, please keep them home until the following guidelines have been met:
  - Fever free for 24 hours without the use of medication.
  - Their symptoms have mostly resolved.

**Positive test result:**

- Your student must isolate at home for the required isolation period of 5 days.
  - First day of symptoms = Day ZERO
  - Isolate at home days 1-5



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- Return on day 6, wearing a mask through the end of day 10 if they have been:
  - Fever free for 24 hours without the use of medication.
  - Their symptoms have mostly resolved or they are asymptomatic.
- If they test negative on a home test during days 6-10, they do not need to wear a mask.

**Exposure:**

- If your student has a known exposure, DPH guidelines should be followed. These guidelines state:
  - A mask should be worn for 10 days after their exposure.
  - They do NOT need to stay home if they do not have symptoms.
  - If symptoms develop, please keep them home and test for Covid.
    - If they test positive please follow the guidelines for “Positive test result”
    - If they test negative please follow guidelines for “Negative test result”
  - They should test for Covid if/when symptoms develop, if symptoms do not develop they should test on Day 5.

**Reporting Illness**

The school nurse is able to excuse absences for illness under some circumstances without a note from their physician, but the illness must be reported.

- If your student will be absent from school due to illness, please use the online attendance reporting form located on the school website, choose “Sickness” being sure to check off the symptoms they are experiencing. If you do not check off the specific symptoms and instead type “common cold” or “not Covid,” that does not provide me with enough information to excuse the absence.

If you have any questions please contact the nurse for the school your child attends.

Kind regards,

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