

Return to School Guidelines

STUDENTS MAY RETURN TO SCHOOL 24 HOURS AFTER RESOLUTION OF FEVERS and VOMITING/DIARRHEA WITHOUT THE USE OF SYMPTOM REDUCING MEDICATION

Guidelines for Keeping Sick Children Home

Please keep your child home if experiencing:

- **Fever:** If your child has a fever of 100.0°F or greater, has body aches, new onset headache or looks or acts sick, they may be infectious. Students should be fever free for at least 24 hours, without fever reducing medication before returning to school.
- **Vomiting and/or diarrhea:** If your child has vomiting and/or diarrhea, they should remain home to prevent the spread of illness.
- **Congestion or Runny Nose:** If your child has new congestion or runny nose with a fever, they should remain home until 24 hour resolution of the fever.
- **Sore Throat:** If your child has a sore throat and fever, or a severe sore throat without a fever, they should remain home. If diagnosed with Strep throat they may return to school after taking prescribed medication for 24 hours. If your child is unable to swallow liquids or food, contact your doctor immediately.
- **Cough:** If your child has a new cough with fevers or persistent cough with vomiting, please keep them home until the fever has resolved. If your child has difficulty breathing, seek medical care immediately.
- **Contagious Diseases:** You should keep your child at home if they might spread a contagious disease to other children. Please inform the school if your child has been diagnosed with a contagious disease such as chicken pox, impetigo. Your child may return to school after taking prescribed medication for 24 hours or their healthcare provider has cleared them to return.
- **Covid-19:** If your child has a positive COVID-19 test, please notify the school. Per CDC guidelines, infected individuals should isolate for at least 5 days following symptom onset. Students may end isolation after 5 days IF fever free for over 24 hours (without fever reducing medication) and symptoms are improving. It is recommended that the child should wear a well-fitting mask through day 10.
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>
- **Head lice:** Treatment is required before returning to school. The school nurse/staff can provide education regarding treatment and control of head lice as needed.
- **Pinkeye/Conjunctivitis:** Students may return to school after taking prescribed medication for 24 hours.

Always seek medical advice for any concerns and contact your primary care physician with any questions.

Saint Alphonus School Health Program Nursing Team