



## 2020-21 Updated School Year Sick Day Guidelines

### **Making the Right Call When Your Child Is Sick**

***Help in determining “Should I keep my child home or send him or her to school?”***

**During the Covid-19 pandemic, the Matheny School policy** requires that a child **STAY HOME**, or can be **EXCLUDED** if he or she:

- Follows school policy as dictated by CDC guidelines, state mandates, and directions from county health department

#### **IF STUDENT HAS COVID-19 SYMPTOMS, THE COVID-19 POLICY FOR EXCLUSION AND RETURN-TO-SCHOOL SUPERSEDES REGULAR SCHOOL POLICY (BELOW) FOR TREATMENT**

- Isolate and exclude from school if symptomatic or if aware of a known exposure
- Symptom list as of 7/30/2020 includes, but is not limited to: Fever (100.0 or higher), headache, cough, sore throat, chills, difficulty breathing, body aches, new loss of smell or taste, vomiting, or diarrhea
- Return to school is dependent upon current policies and case-by-case evaluation after diagnosis by primary care physician, length of isolation/exclusion, symptom improvement, and if fever-free (without medication) for 24 hours

**Non-Covid-19 Matheny School 2020-21 Policy** requires a child **STAY HOME** if they:

- Have a **fever** of **100.5** degrees or higher
- Have been **vomiting** or have **diarrhea**
- Have symptoms that keep the child from participating in school, such as:
  - Very tired or lack of appetite
  - Uncontrolled cough, sneezing often
  - Headache, body aches, or earache
  - Sore Throat. A little sore throat is ok for school, but not a bad sore throat could be **strep throat**, even if there is no fever. Other signs of strep throat in children are a headache, stomach upset, or rash. Call your doctor if your child has these signs. A special test is needed to know if it is strep throat.
- **Keep your child home if they are coughing or sneezing often because this spreads the sickness to others. Slight sniffles without a fever may be ok to send to school, *but continuous nasal drainage that requires frequent wiping of nose would not be acceptable.* You will receive a call to come pick up your child.**

**(PAGE 1 OF 2-CONTINUED ON BACK)**

**24 Hour Rule:**

- **FEVER:** Keep your child home until his or her **FEVER has been gone WITHOUT medicine for 24 hours**. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick.
- **VOMITING OR DIARRHEA:** Keep your child home for **24 hours after the LAST time he or she has vomited or had diarrhea, and until your child can tolerate their regular diet again.**
- **ANTIBIOTICS:** Keep your child home until 24 hours after **the FIRST dose of antibiotic** for anything like ear infection, eye infection, or strep throat.

**Remember to get a "return to school note" from the doctor if the student is out 3 or more days This is to be submitted to the student health office on the day your student returns to school. This note can be faxed directly from the physician's office to the School Nurse. Fax # (908) 375-7342**

For more information, or if you have questions, please contact the School Nurse:

**908-234-0011 x1217**

School Physician \_\_\_\_\_ Date: \_\_\_\_\_

School Nurse \_\_\_\_\_ Date: \_\_\_\_\_

School Principal \_\_\_\_\_ Date: \_\_\_\_\_