



## Wellness at Haverford

The Health Center strives to promote a healthy environment for all those who work and play on our campus. Together we can reduce the spread of infection by following a few simple rules.

### When to Stay Home

You should keep your son home from school if he experiences any of the following symptoms:

- Temperature greater than 99.4°F in the preceding 24 hours
- Vomiting within the previous 12 hours
- Diarrhea within the previous 12 hours
- Undiagnosed itchy, red, weepy eyes.
- Undiagnosed skin rash

Note that this is not a comprehensive list; if you are unsure whether you should send your son to school, please contact our School Nurses, or your son's physician.

**\*\*\* If your son is diagnosed with a communicable illness, please contact the School Nurse\*\*\***

### Call the Attendance Line

When your son is ill, you should call the Attendance Line. The Health Center monitors absenteeism to determine both the overall health and well-being of the community, as well as the need for supportive care upon returning to school. We thank you in advance for your help in supporting our efforts.

- **Lower School Attendance Line: Ext. 1957**
- **Middle School Attendance Line: Ext. 1968**
- **Upper School Attendance Line: Ext. 1959**

### Returning to School

You should keep your son home until he is **fever-free for a full 24 hours, without the use of fever-reducing medications**. Your son should be feeling well rested and ready to learn and tolerating a full diet before returning to the classroom. Please do not medicate your son with fever-reducing medications prior to the school day.

### When to Contact the Health Center

You should contact the Health Center if your son is diagnosed with a health condition that may impact his learning, or his ability to participate fully in the life of the school. We understand that a sudden change in health or a prolonged illness will require a comprehensive plan of care including physical, emotional, and learning support.

### Unexpected illness or injury

Should your son become ill or injured during school hours, he will be taken to the Health Center for evaluation by the School Nurses. If it is determined that further medical attention is necessary, you will be notified. If the School Nurses recommend urgent or emergent treatment by a doctor, we may ask that you provide a doctor's note with treatment details so that we may assist with the necessary supportive care upon your son's return to school.

If a parent is not available by phone, a specified emergency contact will be called. Please be sure to update your emergency contacts by logging on to My Backpack and Magnus Health making the necessary changes.

