



## **Wellness at Haverford**

### **The 2020-21 School Year “When to Stay Home” Guidelines**

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

#### **1) When to Stay Home:**

- If you have not completed the COVID-19 symptom tracker for your son,
- If your son has not passed the COVID-19 symptom tracker in your Magnus Health account
- If you are unsure if your son is sick or unwell in any way, or if he is experiencing any of the following symptoms:
  - Temperature greater than 100.4°F in the last 24 hours
  - Respiratory symptoms related to any undiagnosed illness
  - 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.

#### **2) Call the Attendance Line**

When your son is ill and staying home, you must call the School's Attendance Line to report his absence. The Health Center monitors absenteeism to determine not only the overall health and well-being of the community, but also 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

#### **3) Preparations for Returning to School after an illness:**

**A doctor's note is required for any student dismissed from school with fever at or above 100.4 degrees.**

Before returning to campus, your son should be:

- **Fever-free for a full 24 hours without the use of fever-reducing medication** (Please do not medicate your son with fever-reducing medications prior to the school day) ,
- Not experiencing any symptoms listed above in section 1 (“When to Stay Home”),
- Compliant with Montgomery County Department of Health COVID-19 Exclusion and Return to School Requirements,
- Feeling well rested, ready to learn, and tolerating a full diet before returning to the classroom.

#### **4) When to Contact the Health Center**

- A confirmed case of COVID-19, or confirmed exposure to a COVID-19 case,
- If your son has been diagnosed with a communicable illness,
- 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.

#### **Contact Information:**

The Haverford School Health Office  
Direct Dial – 484-417-2714

Health Office Director  
Theresa McCarthy, BSN, RN, CSN – 610-642-3020, ext (1994)