

Immaculate High School

Sick Day Guidelines for Parents

To aid in minimizing the spread of illness in school, the following are helpful guidelines to follow when your child is sick and not well enough to participate in school. In response to the COVID-19 Pandemic, prevention and mitigation strategies recommended by the State of Connecticut, Local and State Departments of Public Health and the Centers for Disease Control and Prevention will be maintained in School.

COVID - 19 Guidelines

- **If your child or anyone in your household is diagnosed with COVID – 19, please notify the School Nurse.**
- **Any student assessed by the School Nurse and identified with signs and symptoms of COVID-19 will be placed in a monitored isolation room and referred to their healthcare provider for COVID-19 testing. A healthcare provider’s note or documentation of a negative COVID- 19 test will be required to return to school.**
- **In the event of a positive COVID-19 diagnosis, a healthcare provider’s note will be required for return to school after the CDC Guidelines for ending isolation have been met: 10 days since symptoms first appeared, 72 hours without fever without the use of fever reducing medication, and symptoms have improved.**

In addition to COVID-19, your child must stay home for:

- A temperature of 100 degrees or higher until he/she is fever free for 24 hours without fever reducing medication. Fever is a symptom indicating the presence of an illness.
- The Flu, for a recovery time of at least 5 days.
- An undiagnosed rash
- Vomiting more than once in the last 24 hours
- Diarrhea more than once in the last 24 hours
- A severe cough, and/or chest congestion, a thick or constant nasal discharge, and/or sneezing, chills or general body discomfort that will interfere with your child’s ability to participate in his/her school day.
 - A severe sore throat, and for 24 hours after the start of antibiotics if diagnosed with strep throat
 - A severe earache with or without fever

A student’s ability to learn and perform in school can depend on how they feel physically. Keeping your child home when he/she is ill not only prevents the spread of illness in the school community but allows your child an opportunity to rest and recover.