

Sick Day Policy- When Should Students and Staff Stay Home

School year 2020-21, students and faculty must stay home at least 2 days (48 hours) have passed *since* resolution of any of the following symptoms- *subject to change with evolving COVID-19 research. Recommendation to consult with primary care provider for diagnosis and consideration for COVID-19 testing.

- Fever \geq 100.0 or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache (*unless history of migraine diagnosis)
- New loss of taste or smell
- Sore throat
- Congestion or runny nose (*unless previously known allergies to school- no new allergy diagnosis)
- Nausea or vomiting
- Diarrhea

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

COVID 19 Diagnosis-

Persons with **COVID-19 who have symptoms** may discontinue isolation under the following conditions:

- At least 10 days have passed *since symptoms first appeared*; **and**
- **48 hours** with no fever without the use of fever-reducing medication; **and**
- COVID-19 symptoms have improved (for example, cough, shortness of breath)

Persons who tested Positive with No Symptoms-

- If you continue to have no symptoms, you can be with others after 10 days have passed since test.

Persons who had close contact with someone who tested Positive with COVID-19

- **Close contact is determined by one of the following**
 - You were within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick or from test date
 - You provided care at home to someone who is sick with COVID-19
 - You had direct physical contact with the person (hugged or kissed them)
 - You shared eating or drinking utensils
 - They sneezed, coughed, or somehow got respiratory droplets on you

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

- Anyone who has had close contact with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.
- However, anyone who has had close contact with someone with COVID-19 and who: developed COVID-19 illness within the previous 3 months **and** has recovered **and** remains without COVID-19 symptoms (for example, cough, shortness of breath) **does not** need to stay home.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Definitions and Other Ailments

- ***Fever** ≥ 100.0 F degrees. To return to school student must be fever-free for 48 hours without the use of anti-fever medications such as Acetaminophen (Tylenol) or Ibuprofen (Advil or Motrin). Ex. Fever of 100.6 F on Monday at 0800, acetaminophen given at 0805, temperature at 1200 is 99.5 F and does not receive any additional doses of medication and temperature remains below 100.0 F, student can return on Wednesday after 1200 or Thursday Morning. For more information on fevers, visit <https://kidshealth.org/en/parents/fever.html>
- ***Vomiting or Diarrhea** in last 48 hours. If stool contain blood or mucous student can return after a minimum of 48 hours of last episode **and** once cleared by their physician.
- **Flu**- Individuals suspected (physician still treating if test negative) or confirmed flu, should stay home from work at least 4-5 days after the onset of symptoms. Persons with the flu are most contagious during the first 3 days of their illness. <https://www.cdc.gov/flu/business/stay-home-when-sick.htm>
- **Undiagnosed, new, or untreated rash or skin condition.** (i.e. generalized hives, wounds with purulent drainage.). Return when resolved or 24 hours on treatment plan.
- **Strep Throat**- Students can return 24 hours after treatment has been initiated **and** when the child has been without fever for 24 hours. <https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>
- **"PINKEYE" or conjunctivitis.** White or yellow eye discharge, matted eyelids, and redness of eyelids or skin surrounding the eye. Students can return 24 hours after treatment has been initiated, when eyes are clear, or with physician permission.
- **Pain.** If your child has a mild ache but is otherwise acting okay sending them to school is okay. Anything more than mild pain is always something you want to keep an eye on. Keep them home and call your doctor instead.
- **Chickenpox**- Students should stay home until the sixth day after onset of rash or when all lesions have dried and crusted.
- **Green, Brown, or Bloody Sinus Drainage**- especially when the child is unable to keep their nose wiped clean and their hands washed. Consult a physician for treatment recommendations.
- **Impetigo**- Students can return 24 hours after initiation of treatment.

- **Ringworm-** Students with ringworm-can return once treatment has been initiated.

*Specific care plans based on diagnosis can be made on a case by case basis with the Maclay Health Department to guide when student/faculty can safely return to school.

Please remember to stay home if sick and practice hand hygiene often.

It is the position of the National Association of School Nurses (NASN) that the management of head lice in the school setting should not disrupt the educational process.

<https://www.nasn.org/advocacy/professional-practice-documents/position-statements/ps-head-lice> For Tips for management of Lice can be found at the following link- <https://kidshealth.org/en/parents/head-lice.html>.