



Wellness at Haverford 2021-2022

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:

If your son is experiencing COVID 19 symptoms as outlined by the CDC:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

Additionally, if he experiences any of the following symptoms:

- Temperature equal to or greater than 100 degrees in the preceding 24 hours (without Tylenol or other anti-fever medication)
- Respiratory symptoms related to any undiagnosed illness
- Vomiting or diarrhea within the previous 24 hours
- Undiagnosed itchy, red, weepy eyes
- Undiagnosed skin rash or skin lesions
(i.e. possible impetigo, ringworm...until diagnosed and treated with medication)

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.

Reporting Absence

Please call the Health Office to report any student's absence related to **symptoms or illness** at 484-417-2714.

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.



Preparations for Return to School:

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

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 in “**When to Stay Home**” guidelines
- Compliant with Montgomery County Department of Health COVID-19 Exclusion and Return to School Requirements available for review [here](#).
- Feeling well rested and ready to learn and tolerating a full diet before returning to the classroom

When to Contact the Health Center

- Confirmed case of COVID-19 or confirmed exposure to 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.

***The Haverford School Health Office
healthservices@haverford.org
Direct Dial – 484-417-2714***

***Health Office Director
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Contact 610-642-3020, extension (1994)***

