

# SHANKSVILLE-STONYCREEK SCHOOL DISTRICT

Dear Parents/Guardians,

It's that time of year again where germs are running rampant. Many of the common illnesses that we see seem to be hitting peak earlier than normal. "When is my child sick enough to stay home from school?" is the big question. I hope this letter will help clear up any questions you may have and also provide guidance on how long to stay home if your child does become sick.

**Please keep your child home if he or she has a fever (100.4 or higher), is vomiting, has diarrhea, excessively coughing, or has an eye infection. Also, if your child's illness seems to interfere with her ability to learn or participate in class, please keep her home.** For any and all illnesses, including the common cold, a child must be fever free and vomit free for 24 hours, without the use of medications, prior to returning to school. Below are guidelines regarding several different illnesses we tend to see this time of year.

**Strep Throat** – Must be fever free for 24 hours without the use of medications, have taken antibiotics for at least 12 hours, and the child is feeling better.

**Influenza** – Must be fever/vomit free for 24 hours without the use of medications and the child is feeling better.

**RSV** - Must be fever/vomit free for 24 hours without the use of medications and child is feeling better. It is recommended to remain home for 3-8 days (contagious period).

**Covid-19** – Must be fever/vomit free for 24 hours without the use of medications and the child is feeling better. It is recommended to follow the CDC guidelines if positive (5 days at home, 5 days with a mask).

**Mono** – Must be fever/vomit free for 24 hours without the use of medications and the child is feeling better.

However, every child is different in the course of their illness. Please follow your pediatrician's recommendations. Please help me in reminding your child to wash his/her hands frequently, cover their cough/sneeze, and to not share food/drinks. The Health Page on the School Website will also have any updates in the future. If you have any additional questions, please do not hesitate to reach out. Thank you for helping keep our students healthy and in school!

Sincerely,

Chloe' Koval, School Nurse

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