

## WHEN STUDENTS ARE TOO SICK FOR SCHOOL

Please keep an ill student home, or make arrangements with a caregiver, when signs below are present.

Students with signs of illness at school will need to be picked up **within the hour**.

If your student has a contagious illness, please notify us since an exposure may be life-threatening for others with fragile immune systems or certain medical conditions. Health information will be treated confidentially.

It is not unusual to feel healthy in the morning and then worse as the day goes by. Because the school is not equipped for prolonged care of a sick student, we require a parent/guardian or an emergency contact to pick up the sick student within the hour. Please notify your school of any changes to your emergency contacts, it is important to have a list of available contacts if we are not able to reach you.

### STAY HOME WHEN SICK:

- **APPEARANCE, FATIGUE BEHAVIOR** – Unusually tired, pale, lack of appetite, difficult to wake, confused or irritable
- **MUSCLE OR BODY ACHES**
- **EYES** – White or yellow drainage, vision change, and/or redness of the eyelid or skin around the eye, itchiness, pain or sensitivity to light
- **FEVER OR CHILLS** – Temperature of 100 degrees Fahrenheit or higher. Student/staff member must be fever free for 24 hours before returning to school/work
- **PERSISTENT NASAL DRAINAGE AND/OR A CONSISTENT COUGH**
- **NEW SYMPTOMS OF SHORTNESS OF BREATH OR DIFFICULTY BREATHING**
- **SORE THROAT**
- **DIARRHEA** – Watery stools within the last 24 hours
- **NAUSEA OR VOMITING** – Vomiting within the past 24 hours
- **RASH** – Body rash, especially with fever or itching
- **OR ANY OTHER COVID-LIKE SYMPTOMS**

Thank you for helping us keep our schools safe and healthy.

Sincerely,

Edmonds School District