



UPPER ADAMS SCHOOL DISTRICT
161 North Main Street
Biglerville, PA 17307
717-677-7191
www.upperadams.org

Dear Parents/Guardians:

This is a good time to review our procedures in regards to students who get sick at school. In a school setting people are in close contact and often share supplies, which can spread illnesses. A student who is sick will not be able to perform well in school and is also likely to spread illness to other people. Therefore, we encourage you to keep your student home when they have any of the following symptoms:

- **Fever** (temperature greater than 100 degrees)
If your student has a fever the evening or night before a school day, they should remain home from school. Student must be fever-free for 24 hours **WITHOUT** the use of any fever reducing medications (Tylenol, Ibuprofen) before returning to school.
 - **Vomiting**
If your student has been vomiting the evening or night before a school day or has had 2 or more vomiting episodes in a 24-hour period of time, they should stay home from school. A student should go without vomiting for a minimum of 24 hours and free from vomiting for at least 2 solid meals without the use of medication before returning to school or have a doctor's note stating they are no longer contagious.
 - **Diarrhea**
Please keep your student home if they have 2 or more episodes in a 24-hour period. They may return to school if they have not had diarrhea in 24 hours without the use of medication or you have a doctor's note stating they are no longer contagious.
 - **Severe Cough and Cold Symptoms**
Please keep your student home if they have a deep, uncontrolled coughing, wheezing or difficulty breathing. In this case, they may need to be seen by a doctor. Should your child experience large amounts of greenish-yellow nasal discharge, please keep them home. Mild cough/runny nose without a fever your student may be in school. Please remind your student to cover their cough and wash their hands frequently.
 - **Infections** (such as strep throat, pink eye, impetigo, scabies)
A student must be on appropriate prescription medication for 24 hours before returning to school.
- Sore Throat** – If your student has a severe sore throat with or without a fever, headache or upset stomach, please keep them home and contact your doctor.
- Pink Eye** – Your doctor can determine the cause of Pink Eye. If your student's eyes are too painful, itchy and have discharge, please keep them home.
- **Head Lice**
Students found with live lice will be sent home to begin treatment. Students may return to school upon satisfactory treatment and after there are no visible lice upon reexamination. Please continue combing for nits at home.

These guidelines may be updated as needed based on recommendations from the Pennsylvania Department of Health or the Center for Disease Control and Prevention (CDC).

Please note ANY medication that needs to be given at school other than cough drops, Tylenol, Ibuprofen, or Benadryl needs a note from a doctor. This includes over the counter medications such as allergy or cold and cough medicine. Please ask for a note while at your appointment.

If your student becomes ill at school you will be called to pick up your student. Please be sure the school has working phone numbers, and you have a plan in place for childcare in case you are unable to come for your child. If you have changes to your phone numbers, please contact the school immediately.

If your student is absent from school and seen by their doctor for any illness, it is helpful for the school to receive a copy of a doctor's note for your student's return to school.

If you have any questions, please contact your school nurse. Your cooperation with these issues is much appreciated, so our students can learn in a healthier environment.

Sincerely,

Upper Adams School District Nurses
Sally Jones, Biglerville High School and Upper Adams Middle School
Jenna Glass, Upper Adams Intermediate School
Heather Then, Biglerville Elementary School

Updated 7/01/2023