

## **General Health Procedural Reminders and Recommendations**

- Please call each day that your child is absent using your building's absentee message line. (Decker-973-398-6400 press-1 and MAPS 973-398-4400 press-1)
- Students who show signs and symptoms of a new illness should not be sent to school. Signs of common communicable diseases include but are not limited to; fever, cold symptoms, sore throat, unexplained skin rash, nausea, vomiting/diarrhea, and pink eye(s).
- When returning to school following an illness, please make sure it has been at least 24 hours without a fever without the use of a fever reducer (Tylenol or Motrin) before returning. Your child needs to be at least 24 hours symptom-free following vomiting or diarrhea and able to hold down food and liquids.
- Students who are out due to illness for 3 or more days should come in with a return-to-school note from their physician.
- Some illnesses such as COVID-19 have minimum timeframes and instructions for return to school. The school nurses follow the most recent guidelines from the NJ-DOH when providing return-to-school instructions.
- If your child is returning with lingering symptoms after an illness, please reach out to your child's school nurse to ensure they are supported in their return. Children often do not need to be 100% better before returning to school.
- Medication directions and forms are available on our website. Please reach out to your building nurse regarding individual questions related to medication in schools and required forms.

Stay tuned for more information provided by your school nurse throughout the year to keep you informed and up-to-date. The school nurses appreciate your continued help in keeping our school family healthy.

### **Contact information-**

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