A NOTE FROM NURSE ANN

At Haviland Avenue School, health practices, such as covering coughs and hand washing, are emphasized in an effort to prevent the spread of illness in our school environment. NJ Law does require an annual flu vaccine for students up to the age of 59 months.

There are times when the only way to prevent the spread of illness is to keep students that are ill out of school. Keeping children home when they are too sick for school protects other students and staff from potential illness.

Symptoms that child is too sick for school

If your child has any of the following symptoms, keep him/her home, or make appropriate child care arrangements. **Students with fever, vomiting, diarrhea must be symptom free for 24 hours prior to returning to school.**

- **Fever:** Temperature of 100.4 degrees Fahrenheit or higher. Child must not have a fever for 24 hours without fever reducing medication before returning to school.
- **Vomiting:** Child should not return to school for 24 hours following the last episode of vomiting.
- **Diarrhea**: Children with watery stools may not return to school until 24 hours after their last episode of diarrhea.

- **Respiratory Viruses such as COVID and Influenza:** Symptoms of respiratory viruses can include: fever, chills, fatigue, cough, runny or stuffy nose, sneezing, sore throat, headache, chest discomfort, cough, decrease in appetite, diarrhea, vomiting, muscle or body aches, new loss of taste or smell, and/or wheezing. Students and employees with symptoms of a respiratory virus **must** stay home and away from others until:
  - The individual is fever free for 24 hours without fever reducing medicine **AND**
  - Symptoms are improving, which means the individual is no longer feeling ill and able to participate comfortably in educational and other activities as they did before they were ill. Any remaining symptoms, such as cough or runny nose, must be mild or infrequent for return.
  - As symptoms subside, the individual can then return to normal activities, but ***should*** take additional precautions for the next five days when they are around other people indoors. These precautions include:
    - Wearing a well-fitting mask
    - Taking steps for cleaner air, e.g. opening windows, using air purifiers, moving activities outdoors
    - Practicing good hand hygiene and respiratory etiquette
    - Physical distancing when around others
    - Testing for respiratory viruses to determine next steps such as treatment

- **Eye Infection:** Pink eye (conjunctivitis) or thick mucus or pus draining from eye should not return to school until symptom free (meaning redness and drainage are gone) OR approved for return by healthcare provider.
- **Lice, Scabies:** Children may not return to school until they have been treated and are free of live lice (must be checked by school nurse before returning). Children with scabies can be admitted after treatment.
- **Chronic cough and/or runny nose:** Continual coughing and greenish nose discharge. Conditions may be contagious and may require treatment from your health care provider.
- **Sore Throat:** With fever or swollen glands in the neck.
- **Rash:** any rash, especially with fever or itching.
- **Ear infection:** Without fever can attend school, but the child may need medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.
- **Unusual appearance behavior:** Abnormally tired, pale, lack of appetite, difficult to wake, confused or irritable.
- **Cough:** Children sent to the nurse's office with persistent cough, with an inability to stay in class, will be sent home.

Physician notes are required for absences of 5 days or more and for communicable diseases.

Thank you for helping to keep Haviland Avenue School a Healthy Learning Environment.

Sincerely,

Ann Rossi-Alston, R.N., B.S.N., Haviland Avenue School Nurse