

Somerset Hills School District

CHILD ILLNESS GUIDELINES

The guidelines listed below are mandated to ensure the SHSD School Community's health and safety:

WHEN TO KEEP YOUR CHILD HOME:

- **FEVER:** Temperature of **100.4** Fahrenheit or higher.
*Your child needs to be fever-free for 24 hours **without** the use of fever-reducing medication before returning to school.
- **VOMITING:** do not send your child if they vomited during the night or in the morning.
*Your child can not return to school for 24 hours from the last time of vomiting.
- **DIARRHEA:** loose stool can cause dehydration, lethargy, and stomach discomfort.
- **RESPIRATORY:** difficulty breathing, wheezing, coughing, shortness of breath.
- **THROAT:** sore throat, difficulty swallowing, swollen glands.
*If your treating physician has diagnosed your child with Strep throat, 24 hours of antibiotics must be completed before returning to school with a doctor's note.
- **CONJUNCTIVITIS:** (pink eye) The eye(s) must be free of discharge and crust-free before returning to school.
*If your treating physician has diagnosed your child with bacterial conjunctivitis, 24 hours of antibiotics must be completed before returning to school with a doctor's note.
- **COLD SYMPTOMS:** congestion, headache, inability to manage nasal & oral secretions.
- **RASH:** should be diagnosed by your physician and treated before returning to school.
*rashes need to be covered until they are fully resolved.
- **Influenza/COVID-19:** If tested Positive for Influenza or COVID-19 children should stay home until they no longer have symptoms. The symptoms may vary please see the guidelines above and follow them as necessary. ** see CDC guidelines below

STUDENTS WHO ARE ILL SHOULD NOT ATTEND SCHOOL

STUDENTS WILL BE SENT HOME IF SIGNS OR SYMPTOMS OF ILLNESS START WHILE AT SCHOOL

*Parents and guardians are responsible for monitoring their children for signs and symptoms of illness before sending them to school. It is always advised to contact your child's physician if your child is showing signs or symptoms of illness.

WHEN IS A PHYSICIAN NOTE NEEDED TO RETURN TO SCHOOL?

- Absent for 3 or more consecutive days.
- Returning after hospitalization or has had surgery.
- Under a doctor's care for a significant illness or injury.
- Physical education exemption & returns.

Respiratory Virus Guidance Snapshot



Core Prevention Strategies

Immunizations 	Hygiene 	Steps for Cleaner Air 	Treatment 	Stay Home and Prevent Spread*
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Additional Prevention Strategies

Masks 	Distancing 	Tests
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Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until,



and



Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs



Then take added precaution for the next 5 days

