



Dear Parents,

Children learn best when they are healthy, but they also learn best when they are in school. So, when your child complains of not feeling well on a school day, a decision must be made as to whether the child should stay home or go to school.

It is important to make the right decision because one sick child in a school setting can result in spreading the illness to others. However, if possible we want your child present and engaged at school. To help identify illnesses in our schools, we encourage you to report your child's specific symptoms when calling in sick to the school attendance line. As a District we've created the following guidelines to help decide if your student should be coming to school

Send your student to school if they are mildly symptomatic and they don't fall under any of the exclusion guidelines. Some examples include: feeling tired, mild cough or runny nose, or headache.

If your child is experiencing any of the following illnesses or symptoms of illness, please keep your child home from school:

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| <b>Temperature of 100.4 or greater</b><br>- Student must be fever free for 24 hours before returning to school without fever reducing medications                              | <b>Viral Illness (COVID, Flu, etc)</b><br>- Must follow other guidelines in regards to symptoms: temperature, diarrhea, vomiting etc.<br>- See 'Respiratory Illnesses' section                                                                                                                 |
| <b>Vomiting</b><br>- Student must be vomit free for 24 hours before returning to school                                                                                        | <b>Pink eye</b><br>- If the student is able to maintain good personal/hand hygiene and keep from touching their eyes they may return to school<br>- If the student is unable to do so based on age or other factors they will be asked to stay home until no longer symptomatic and contagious |
| <b>Diarrhea</b><br>-If student has two or more watery stools in 24 hours, please keep home for 24 hours after last watery stool)                                               | <b>Strep throat/infection</b><br>- Student must be on antibiotics for 24 hours before returning to school<br>- Must be able to eat and drink to sustain energy for the school day.                                                                                                             |
| <b>Rash</b><br>- School needs medical documentation on whether rash is contagious or not in order to be in school<br>- If the rash is open or oozing it must be covered up, if | <b>Respiratory Illnesses</b><br>- If the student has severe symptoms such as: hacking/harsh cough, extreme runny nose, shortness of breath they must stay home until they improve                                                                                                              |

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| unable to be covered up the student cannot return until the rash or sores have scabbed over and closed up.                                                                                                                                                                                                                                                                                                                                              | - Unable to maintain personal/hand hygiene                                                                                                                                                                                                                                           |
| <b>Lice</b> <ul style="list-style-type: none"> <li>- Student will be excluded until they receive their first treatment (exclusion is not necessary until the end of the school day)</li> <li>- Treatment options: FDA approved lice treatment, treatment by a qualified healthcare provider, or treatment at a clinic specializing in lice/nit removal</li> <li>- Our school board policy has a “no live lice” criteria for return to school</li> </ul> | <b>Hand Foot &amp; Mouth</b> <ul style="list-style-type: none"> <li>- First week is deemed most contagious</li> <li>- Unable to return if sores are open and oozing</li> <li>- Work closely with your primary medical provider on guidance in regards to return to school</li> </ul> |

*\*This is not a complete list of illnesses or symptoms that would warrant exclusion from school. If the student is deemed too ill/symptomatic or is unable to maintain personal/hand hygiene they may be sent home.*

Skipping breakfast is oftentimes a common cause of mild symptoms; encouraging your child to eat a healthy breakfast can not only prevent such symptoms, but increase school performance and establish a lifetime healthy eating habits.

If your child has a long-term illness that requires extended absences from school, please contact your school so we can begin the process of best supporting your child. Please provide us with any notes/letters from your provider that may account for missed school or that have requirements/guidelines for returning to school.

If you have any specific questions in regards to your child’s illness or symptoms we urge you to seek out assistance from your primary care provider.

Our District Nurse, Christa Kerns can be reached via phone at 262-514-8200 x6514 or email at: [kerns@waterford.k12.wi.us](mailto:kerns@waterford.k12.wi.us) (email is preferred)

Thank you, we hope you have a healthy and productive school year!