

WHEN STUDENTS ARE TOO SICK FOR SCHOOL

Respiratory illnesses such as COVID-19, Influenza, and RSV are very common in school settings. We expect families to keep their students home if they are sick. If your student has any of the symptoms below, please keep them home until they subside.

It is not unusual to feel healthy in the morning and worse as the day passes. **Schools are not equipped for prolonged care of a sick student, we require a parent/guardian or an emergency contact to pick up the sick student within the hour.** Please notify your school of any changes to your emergency contacts, it is important to have a list of available contacts if we are not able to reach you.

If your student has a contagious illness, please notify us since exposure may be life-threatening for others with fragile immune systems or certain medical conditions. Health information will be treated confidentially.

STAY HOME WHEN SICK:

- **APPEARANCE, FATIGUE BEHAVIOR** – Unusually tired, pale, lack of appetite, difficult to wake, confused or irritable
- **MUSCLE OR BODY ACHES**
- **EYES** – White or yellow drainage, vision change, and/or redness of the eyeball, eyelid or skin around the eye, itchiness, pain, or sensitivity to light
- **FEVER OR CHILLS** – Temperature of 100 degrees Fahrenheit or higher. Student/staff member must be fever-free for 24 hours before returning to school/work
- **PERSISTENT NASAL DRAINAGE and/or A CONSISTENT COUGH**
- **SHORTNESS OF BREATH OR DIFFICULTY BREATHING with or without CHEST DISCOMFORT**
- **SORE THROAT**
- **DIARRHEA** – Watery stools within the last 24 hours
- **NAUSEA OR VOMITING** – Vomiting within the past 24 hours
- **RASH** – Body rash, especially with fever or itching
- **NEW LOSS OF TASTE OR SMELL**

People with Covid-19 are often contagious for 5-10 days after the illness begins.

People with flu may be contagious for up to 5-7 days after the illness begins.

People with RSV are usually contagious for 3-8 days after the illness begins.

Thank you for helping us keep our schools safe and healthy.