

Wellness at Haverford

When to Stay Home

If your son is experiencing any of the following symptoms:

- Temperature equal to or greater than 100.4°F in the preceding 24 hours
- Respiratory symptoms related to any undiagnosed illness
- Vomiting within the previous 12 hours
- Diarrhea within the previous 12 hours
- Undiagnosed itchy, red, weepy eyes
- Undiagnosed skin rash

**Note that this is not a comprehensive list; if your son has been diagnosed with a communicable illness or you are unsure whether you should send your son to school, please contact our school nurses via the Health Office and/or contact your son's physician*

Reporting Illness

All absences, including those related to illness, are to be reported to the Attendance Line or email via your son's division administrative office.

- Lower School Attendance Line: **Ext. 1957 or LSattendance@haveford.org**
- Middle School Attendance Line: **Ext. 1968 or MSattendance@haverford.org**
- Upper School Attendance Line: **Ext. 1959 or attendance@haverford.org**

Our Health Services team monitors absenteeism to determine both the overall health and well-being of the community, as well as the need for supportive care upon returning to school.

Preparations for Return to School

Before returning to school, **your son must meet the following health criteria:**

- **Be fever-free for a full 24 hours** without the use of any fever-reducing medications (such as Tylenol or Ibuprofen).
Please do not give your son fever-reducing medications before the school day to mask symptoms.

- **No vomiting or diarrhea for at least 12 hours**, and must be tolerating a regular diet
- **Feeling rested and well enough to fully participate in school activities**

When to Contact the Health Center

- If your son is absent for more than 3 school days please contact your doctor to determine if your son requires an evaluation
We may request a note from his health care provider before he returns to school.
- If your son is diagnosed with a health condition that may impact his learning and/or ability to fully participate in the life of school.
- If your son is injured or hospitalized during the school year
A clearance note from his health care provider will be requested so that we may plan for a safe return to the classroom and athletic activities.

We understand that a sudden change in health or a prolonged illness will require a comprehensive plan of care including physical, emotional, and learning support.

We appreciate your support of our health policies and are available to assist families with navigating illness, health concerns, and return to school procedures.

Health Services Contact Information:

Health Office Direct Dial - **484-417-2714** email: healthservices@haverford.org