



2026-27 NURSING PROTOCOLS

COMMUNICABLE DISEASE DIAGNOSIS

When you have respiratory virus symptoms such as fever, chills, fatigue, cough, runny nose, and headache, take the following steps to prevent its spread.

- **Step 1:** Stay at home. You should stay home and away from others until at least 24 hours after:
 - Your symptoms are getting better overall, and
 - You have not had a fever (and are not using fever-reducing medication).

If your symptoms improve and stay better for 24 hours, you are less likely to pass your infection to others. Then, you can start getting back to your daily routine and move on to step 2.

- **Step 2:** Resume normal activities and use added prevention strategies over the next five days, such as taking more steps to get cleaner air, enhancing your hygiene practices, wearing a well-fitting mask, keeping a distance from others, and getting tested for respiratory viruses.

People who are at higher risk for severe illness and who start to feel sick should seek health care right away so that they can access testing and treatment.

EXCLUSION FROM SCHOOL

Please keep your child home if they have been diagnosed or have symptoms of the following:

- **Hand, Foot & Mouth** - Students can return to school when the blisters/rash has crusted over.
- **Chicken Pox** - Students can return to school when the rash has crusted over.
- **Vomiting** - Students can return to school when they are 24 hours vomit free.
- **Fever** - Students can return to school when they are 24 hours fever-free without medication.
- **Diarrhea** - Watery or loose stool that causes 'accidents', is bloody, OR results in greater than two bowel movements above what the child normally experiences in 24 hours. Students can return to school when they are diarrhea-free without the use of medication.
- **Strep Throat** - Students can return to school with a doctor's note when they no longer have a fever and have taken antibiotics for at least 24 hours.
- **Conjunctivitis (Pink eye)** - Students can return to school with a doctor's note and after taking antibiotics.

**If you are called by the school nurse to pick your child up from school, please do so in a safe and timely manner.*

**Students sent home by the school nurse will be marked as an excused absence the following day with parent/guardian notification to the attendance office.*