Dear Sutter Families,

We are committed to keeping your student and our school community healthy. The following guidelines can be used to help determine when your student should stay home. If your student has any of the symptoms below (cold, flu, or other illnesses) please keep them home and notify the school of your student's absence until they return to school.

Your student should stay home if exhibiting:

- Fever: 100.4°F or higher without medication
- New onset of cough *
- New onset of runny nose/congestion *
- Yellow or green discharge from eyes, ears, nose or any other part of the body
- More than one episode of vomiting or diarrhea
- Severe sore throat (consult with medical provider if accompanied by a headache, stomachache or rash as it may be strep)
- A rash (rashes that are itchy and scaly should be evaluated by a medical provider before coming to school)
- Pink eye (red, puffy, itchy eyes) - needs to be evaluated by a medical provider before coming to school
- Other symptoms of illness

*Students with documented chronic condition(s) that cause cough, congestion or allergy-like symptoms should submit a medical note for new onset/change of baseline of symptoms stating the student is not contagious.

When can my student return to school?

Keep your child home until:

- 24 hours of no fever without medication
- 24 hours after last episode of vomiting or diarrhea
- 24 hours after first dose of antibiotic

For any illness beyond a cold or flu, please provide a doctor's note stating your student is not contagious and it is safe for him/her to return to school.

In addition, please encourage your student(s) to wash their hands and cover their cough/sneeze!

Thank you so much for your help in keeping our campus healthy!

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