



Guildersland

CENTRAL SCHOOL DISTRICT

GUIDELINES: WHEN TO KEEP A CHILD HOME WITH ILLNESS

(rev.7/27/20)

Dear GCSD Families,

Your school nurses have always asked that parents keep students home when they are sick. Now with COVID-19, keeping students home when they are sick is a life safety issue.

Please keep your child home and contact your child's doctor for:

- COVID-19 symptoms (fever, shaking and/or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting and/or diarrhea.
- Fever greater than **100.0F** or **37.8C**
- Flu-like symptoms (fever, headache, fatigue, muscle aches)
- Vomiting and/or diarrhea within the last 24 hours
- Severe sore throat along with fever and feeling ill for more than 48 hours, or after exposure to Strep throat infection
- Honey-crusted sores around the nose or mouth, or rash on other body parts
- Large amounts of mucous (liquid) from the nose, with face pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever

If your child has a fever, we strongly discourage giving them fever reducers like Acetaminophen and Ibuprofen and then sending them to school. When the medicine wears off, the fever may return and you will be called to pick up your child. Even with fever reducers, your child will expose others to their illness while in school.

Children must be fever-free for 24 hours without taking fever reducers before returning to school. They must be free of vomiting and diarrhea for 24 hours before they return. If your child has been placed on an antibiotic, they can not return until they have been on the antibiotic for 24 hours.

Based on current directives from the NYS Department of Health, if your child is sent home from school because they exhibit symptoms of a contagious disease, you may be required to obtain appropriate clearance from a medical professional prior to returning to school activities.

Please be prepared to pick up a sick child from the nurse's office within **30 minutes** of notification. Make sure you have designated an emergency contact person who may pick up your child in the event that you are unable to. This emergency contact person should be listed in your child's contact information in eSchoolData. To update this information, please call your child's school main office.

Please call your child's school nurse with any questions or concerns about these guidelines.

Sincerely,

Dr. Warren Silverman MD, GCSD Medical Director and GCSD Nurses