

2020-2021 Sick Day Policy- When Should Students and Staff Stay Home

Students and faculty must stay home at least 3 days (72 hours) have passed *since* resolution of any of the following symptoms- *subject to change with evolving COVID-19 research. Recommendation to consult with primary care provider for diagnosis and consideration for COVID-19 testing.

- Fever ≥ 100.0 or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache (*unless history of migraine diagnosis)
- New loss of taste or smell
- Sore throat
- Congestion or runny nose (*unless previously known allergies to school- no new allergy diagnosis)
- Nausea or vomiting
- Diarrhea

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

COVID 19 Diagnosis-

Persons with **COVID-19 who have symptoms** may discontinue isolation under the following conditions:

- At least 3 days (72 hours) have passed *since* resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath, symptoms above); **and**
- At least 10 days have passed *since symptoms first appeared* or Negative results of molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens)

Persons who tested Positive with No Symptoms-

- If you continue to have no symptoms, you can be with others after 10 days have passed since test.

Persons who had close contact (less than 6 feet ≥ 15 minutes) with someone who tested Positive with COVID-19-

- You must self-isolate, contact your healthcare provider and Maclay Health Department to establish when you can return based on exposure date and sequela of exposure.

Definitions and Other Ailments

- ***Fever** ≥ 100.0 F degrees. To return to school student must be fever-free for 72 hours without the use of anti-fever medications such as Acetaminophen (Tylenol) or Ibuprofen

(Advil or Motrin). Ex. Fever of 100.6 F on Monday at 0800, acetaminophen given at 0805, temperature at 1200 is 99.5 F and does not receive any additional doses of medication and temperature remains below 100.0 F, student can return on Thursday after 1200 or Friday Morning. For more information on fevers, visit <https://kidshealth.org/en/parents/fever.html>

- ***Vomiting or Diarrhea** in last 72 hours. If stool contain blood or mucous student can return after a minimum of 72 hours of last episode **and** once cleared by their physician.
- **Flu**- Individuals with suspected or confirmed flu, should stay home from work at least 4-5 days after the onset of symptoms. Persons with the flu are most contagious during the first 3 days of their illness. <https://www.cdc.gov/flu/business/stay-home-when-sick.htm>
- **Undiagnosed, new, or untreated rash or skin condition.** (i.e. generalized hives, wounds with purulent drainage.). Return when resolved or 24 hours on treatment plan.
- **Strep Throat**- Students can return 24 hours after treatment has been initiated **and** when the child has been without fever for 24 hours.
<https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>
- **"PINKEYE" or conjunctivitis.** White or yellow eye discharge, matted eyelids, and redness of eyelids or skin surrounding the eye. Students can return 24 hours after treatment has been initiated, when eyes are clear, or with physician permission.
- **Pain.** If your child has a mild ache but is otherwise acting okay sending them to school is okay. Anything more than mild pain is always something you want to keep an eye on. Keep them home and call your doctor instead.
- **Chickenpox**- Students should stay home until the sixth day after onset of rash or when all lesions have dried and crusted.
- **Green, Brown, or Bloody Sinus Drainage**- especially when the child is unable to keep their nose wiped clean and their hands washed. Consult a physician for treatment recommendations.
- **Impetigo**- Students can return 24 hours after initiation of treatment.
- **Ringworm**- Students with ringworm-can return once treatment has been initiated.

*Specific care plans based on diagnosis can be made on a case by case basis with the Maclay Health Department to guide when student/faculty can safely return to school.

Please remember to stay home if sick and practice hand hygiene often.

It is the position of the National Association of School Nurses (NASN) that the management of head lice in the school setting should not disrupt the educational process.
<https://www.nasn.org/advocacy/professional-practice-documents/position-statements/ps-head-lice> For Tips for management of Lice can be found at the following link-
<https://kidshealth.org/en/parents/head-lice.html>.