WHEN TO STAY HOME FROM SCHOOL/WORK

If you are sick, please <u>DO NOT</u> report to school/work and risk your health or the health of others. Remaining at home will prevent you from exposing other students and/or staff to illness.

Students/Staff should stay home and consult with their Health Care Provider if they have:

1. A temperature greater than 100.4°F taken with an oral thermometer
2. Nausea (upset stomach) or vomiting
3. Diarrhea (frequent, loose, watery stools). Symptoms may include cramps, bloating, nausea and an urgent need to have a bowel movement
4. Stomach pain that is constant. If vomiting starts after the pain begins (call your healthcare provider immediately)
5. A severe headache that is interfering with usual activities
6. A sore throat that causes difficulty swallowing
7. Yellow discharge or crusting on eyelashes in the morning that returns after being cleaned, eye redness, tearing, eye itching, (call your health care provider for an appointment immediately)
8. A skin rash that causes itching and/or is located on most of the body
9. A constant cough and/or difficulty breathing
10. A complaint of feeling ill, a lack of energy and/or a decrease in ability to perform activities, or fatigue

COVID-19 symptoms: Fever 100.4 or greater, cough, shortness of breath, headache, sore throat, nausea or vomiting, diarrhea, or a new loss of taste and/or smell.

*** Stay home and contact your healthcare provider immediately. We strongly recommend that students/staff be tested for COVID-19 as soon as possible after symptoms begin. If a student/staff member tests positive, please immediately notify the School Nurse or the Office of School Health at (301) 749-4722 to receive further guidance.

What to do if students/staff have symptoms of illness:

If students/staff have symptoms for more than 24 hours or if the symptoms become worse, call your healthcare provider for an appointment. Follow your healthcare provider's advice on administering over the counter medications, and/or when you(r) child/staff can safely return to school/work.

What will happen if a student gets sick at school?
If a student gets sick at school, the student will be assessed by the School Nurse. If the School Nurses' assessment confirms that the student is sick, the parents/guardians will be contacted to pick the student up from school. You or your emergency contact must pick your child up promptly, within one (1) hour. It is the responsibility of the parents/guardians to provide the school with updated and working telephone numbers. In addition, it is important that the school have emergency contact telephone numbers of individuals who can pick up your child if you are unable to do so. This information should be given to the Registrar at your child's school.
**Please Note: If your child has COVID-19 symptoms he/she will be placed in isolation until picked up from school.

What will happen if a staff member gets sick at work?
If a staff member gets sick at work, the staff member will be assessed by the School Nurse. If the School Nurses' assessment confirms that the staff member is sick, the staff member will be sent home. It is the responsibility of the staff member to provide updated emergency contact telephone number(s) to their Principal in the event of an emergency.

When may the student/staff return to school?

The student/staff may return to school when symptoms have resolved for at least 24 hours (without pain relieving/fever reducing medications), if the student/staff has taken the prescribed antibiotic for a full 24 hours, or if the health care provider clears the student/staff to return to the school building (documentation is required).

Please call your School Nurse or the Office of School Health at (301) 749-4722 if you have any questions.