



OASD ILLNESS GUIDELINES

We strongly encourage you to monitor your child's health continually. It is important to be mindful of any illness symptoms that your child may have BEFORE sending them to school. We need your help to keep our schools health. Please support our efforts by:

- Keeping children who are ill at home.
- Reporting absences due to illness to the school attendance line.
- Reporting absences due to a positive COVID-19 test.
- Following any exclusion protocols recommended by your child's health care provider or per federal, state, and local health guidelines.

The guidelines listed below will help you decide whether to send your child to school or keep them home. Guidance and recommendations at the federal, state, and local levels are continuously changing; please note that the following guidance is also subject to change. Please call your child's school attendance line to excuse your child from school and communicate symptoms of illness to the attendance staff or the health room assistant. This helps us monitor and prevent outbreaks. Health information shared with OASD staff is kept confidential.

FEVER

A child with a temperature of 100.4 degrees Fahrenheit or higher should not be sent to school. A child needs to be fever-free for 24 hours without the use of fever-reducing medication (such as Tylenol, Ibuprofen) before returning to school.

STOMACHACHE, VOMITING, DIARRHEA

- A child who is vomiting should be kept at home until symptoms have resolved for 24 hours and the child is able to keep down food and liquid.
- Children with diarrhea that is not associated with an on-going medical issue should be kept home until symptoms has resolved for 24 hours.
- Consult your doctor if your child has a stomachache that is persistent or severe enough to limit activity.

COUGH, SORE THROAT, RUNNY NOSE

- *Severe cough and cold symptoms* (including a hacking cough, a very runny nose, and/or thick, colored nasal drainage): child should stay home, even without a fever.
- *Mild cold or respiratory symptoms* (including clear nasal drainage and mild cough): child may go to school.
- *Sore throat, with no other symptoms*: child may go to school.
- *Sore throat, with a fever, rash, and/or white spots on the back of the throat*: child should stay home and be seen by a doctor or health care provider.

COVID 19/COMMUNICABLE DISEASES

- If your child has tested positive for COVID 19, or any communicable disease such as Pertussis or Chicken Pox please contact your sites health room or oconhealthservices.org. OASD will be following current federal, state, and local health guidelines.

CONTAGIOUS/NUISANCE DISEASES

- If your child has been diagnosed with a contagious disease, such as Strep Throat, Impetigo, Bacterial Pinkeye, Bacterial Bronchitis, etc., he/she may return to school after 24 hours of treatment with an antibiotic.
- If your child has been diagnosed with a nuisance infestation/disease, such as Head Lice, Scabies, Ringworm, he/she may return to school after treatment.



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RASH

- If your child has an unusual rash and/or it is associated by a fever, keep your child at home until you have discussed the rash with your doctor or health care provider.

PAIN

- *Earache:* A child may come to school with a mild earache, as long as he/she feels well enough to concentrate. Consult your physician if it is accompanied by a fever and/or pain is severe.
- *Headache:* A child whose only complaint is a headache may be sent to school, as long as he/she feels well enough to concentrate.
- *Other pain:* A child with pain from an injury, menstrual issues, or chronic pain may return to school when they are well enough to participate. If your child requires medications to manage their pain while at school, discuss with the OASD Health Services Team.

When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Whether the days missed are due to illness, truancy or for any other reason, the end result for the student is the same — learning time is lost. Children and adolescents will get sick at times and may need to stay at home, but we want to work with you to help minimize the number of days your student misses school.

MISSED DAYS ADD UP QUICKLY

- Just a few missed days a month adds up to several school weeks missed in a year.
- Both excused and unexcused absences can make it more difficult for your child to keep up with other students, especially in math and reading.
- Kindergarten and first grade are critical for your child. Missing school during these early years makes it more difficult for children to learn in later years and they often have trouble reading by the end of third grade.

WORK WITH YOUR CHILD AND YOUR SCHOOL

- As the parent, be strong with your child and don't let your child stay home when it is not necessary. This will help your child succeed.
- If your child has a chronic disease, make sure that the school staff is aware of the disease so the staff can assist your child if he or she becomes ill. Information about your child's chronic disease should be noted on the school emergency or health care plan.
- Keep an open line of communication with school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.

HELPFUL IDEAS

- Make appointments with the doctor or dentist in the late afternoon so your child misses as little school as possible.
- If your child must miss school, make sure you get his or her home-work assignments and follow up to see if the work is completed and turned in.
- Call your child's school attendance line to excuse your child from school and communicate symptoms of illness to the attendance staff or the health room assistant. This helps us monitor and prevent outbreaks. Health information shared with OASD staff is kept confidential.
- Be prepared to get a doctor's note when requested by school personnel.
- If you need medical advice after business hours, most doctors' offices have answering services 24 hours a day to assist you.
- If your child has an emergency, call 911.



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Symptoms and Illnesses	Should My Child Go to School?
Chronic Diseases (Asthma, Diabetes, etc.) A chronic disease is a long-lasting condition that can be controlled but not cured.	YES - Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs.
Child Doesn't Want to go to School Frequent crying, fear, anger, not wanting to socialize, behavior change, stomachache, or nausea. These can be signs of depression, anxiety, post-traumatic stress, or fear.	YES - You should keep your child in school but try to determine what is causing the changes. Talk to school personnel and consult a health care provider. Your child may be experiencing social concerns, may be behind in their school work, or may not be getting along with others. These and other issues may require your or school personnel's attention.
Cold Symptoms Stuffy nose/runny nose, sneezing, and mild cough.	YES - If your child is able to participate in school activities send him or her to school & symptoms are NOT severe.
COVID 19 Fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, diarrhea	NO - If your child tests positive for COVID 19. Follow federal, state, local health department, and/or medical provider guidance. When leaving a message on the attendance line please include symptom onset date, date of test and type of test.
Conjunctivitis (Pink Eye) The white of the eye is pink and there is a thick yellow/green discharge.	YES - Your child can attend school after consultation with a health care provider to prescribe medication/treatment if necessary.
Head Lice Intense itching of the head; may feel like something is moving.	YES - Your child can be in school if he or she has had an initial treatment of shampooing of hair with a product for lice.
Strains, Sprains and Pains	YES - If there is no known injury and your child is able to function (walk, talk, eat) he or she should be in school. If pain is severe or doesn't stop, consult a health care provider.
Menstrual Issues	YES - Most of the time menstrual (periods) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with a health care provider.
Diarrhea Frequent, loose, or watery stool may mean illness, but can also be caused by food, medication, or secondary to an on-going medical issue.	YES - If loose stools are secondary to an on-going medical condition you child may attend school. NO - If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep him or her at home. If stool is bloody, if the child has abdominal pain, fever or vomiting, you should consult a health care provider.
Fever Fever usually means illness, especially if your child has a fever of 100.4 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting etc.	NO - If your child has a temperature of 100.4 degrees Fahrenheit or higher, keep them at home until his or her fever is below 100.4 for 24 hours without the use of fever reducing medication.
Vomiting Child who is vomiting.	NO - Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a health care provider.
Coughing Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing.	NO - Keep your child home and contact a health care provider. Asthma - if symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school.
Rash With Fever	NO - If a rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and have him or her seen by a health care provider.
Strep Throat Sore throat, fever, stomachache, and red/white, swollen tonsils.	NO - Keep your child at home for the first 24 hours after an antibiotic is begun.
Vaccine Preventable Diseases Chicken Pox - fever, headache, stomachache, or sore throat, then a red itchy skin rash that may develop on the stomach first and then limbs and face. Pertussis (Whooping Cough) - many rapid coughs followed by a high-pitched "whoop", vomiting, very tired.	NO - Keep your child at home until a health care provider has determined that your child is not contagious.

This information is based upon recommended guidelines from reliable sources to include the Centers for Disease Control (CDC) and American Academy of Pediatrics (AAP).

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