

## Health Protocols for Student Illnesses

Cold and flu season range from October through April, with the peak months from December through February according to the [CDC](#). Following the COVID pandemic the season for influenza has been less predictable. The nursing department encourages all students to obtain their flu vaccine after consulting with your physician.

**Keeping your sick child home will help him/her recover sooner and will help to prevent the spread of germs to others.** The following symptoms may indicate a contagious illness. Your child should be kept at home if any of the following occur:

- Fever of 100° the night prior to or the morning of school; **students must be fever-free for 24 hours before returning to school without fever reducing medication.**
- Headache **unrelieved** by Tylenol or Ibuprofen.
- Vomiting and/or diarrhea within the past 24 hours; **students must be vomit/diarrhea-free for 24 hours before returning to school.**
- Sore throat lasting 2-3 days; a visit to the doctor may be needed to rule out strep throat.
- Drainage from the eyes; red, itchy, and/or crusty eyes
- Excessive coughing unrelieved by cough drops or cough medicine.
- Rash (unless determined to be non-communicable by a physician)
- Abdominal pain
- Dizziness or chills
- Stiff neck or headache not caused by an accident or fall

If your child tests positive for COVID, the following guidelines apply:

- Notification of absence per District policy
- Report orally or a picture of a negative test

We follow the guidance of the Delaware County Health Department (DCHD) and there is a link for local testing information. DCHD refers to the CDC on isolation and quarantine, so I have that link below as well.

<https://delcopa.gov/covid/testing.html> - **Testing information**

[https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fyour-health%2Fquarantine-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fyour-health%2Fquarantine-isolation.html) -

**Isolation and quarantine Info**

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html> - **Exposure**

The nursing department is available to assist with any questions that persist after reading the current CDC and DCHD guidelines.

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