

## Guidelines for Parents

### **WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL**

In order to be able to control communicable diseases in school, it is important to keep your child home when sick. This not only benefits your child, but other children and staff in the classroom at school. Use the guidelines listed below should your child become sick, and do not hesitate to seek the advice of your healthcare provider. Check your child **every morning** before sending him/her to school for any of the following symptoms. If you are unsure of any symptoms, contact your school nurse for further guidance before sending your child to school.

- **Fever of 100°F or above**
- **Headaches**
- **Sore Throat**
- **Chills**
- **Cough**
- **Tiredness**
- **Achy Body**
- **Congestion or Runny Nose**
- **Nausea/Vomiting and/or Diarrhea**

### **WHAT SHOULD I DO IF MY CHILD HAS ANY OF THESE SYMPTOMS?**

If your child has any of these symptoms when it is time for school, they should stay home. Always call the school to report your child's absence, and state what symptoms he/she has, as well as when they started.

### **WHEN CAN MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?**

Generally, your child may return to school when he/she is symptom free of an illness. However, there may be times when it is necessary for your child to see their health care provider before returning to school. **ANY child with a fever of 100°F or greater must remain home and out of school until 24 hours fever free without the use of fever reducing medication such as ibuprofen or acetaminophen.**

Please call your school nurse if you have any questions regarding a specific condition.

### **COVID-19 SPECIFIC GUIDELINES**

Take your child's temperature and assess for symptoms each morning before school.

Do **NOT** send your child to school if they have:

- Tested positive (viral test) for COVID-19
- COVID-19 symptoms (see below)
- Recent close contact (being within 6 feet for at least 10 minutes) with a person with

COVID-19 in the past 14 days

- Travelled to an area with high levels of COVID-19 transmission in the past 14 days.
- NJ travel advisory list:

<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

### **Signs and Symptoms of Covid-19**

The signs and symptoms may be similar to those of common viral respiratory infections or other childhood illnesses. The overlap between COVID-19 symptoms and other common illnesses means that many people with symptoms of COVID-19 may actually be ill with something else. This is even more likely in young children, who typically have multiple viral illnesses each year. Individuals with COVID-19 have had a wide range of symptoms reported – ranging from mild to severe illness. There is not a single symptom that is uniquely predictive of a COVID-19 diagnosis. A COVID-19 viral test is needed to confirm if someone has a current infection. Symptoms may appear 2-14 days after exposure to the virus and include the following:

- Fever 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 or vomiting
- Diarrhea

**If your child is home from school with symptoms of COVID or is sent home by the school nurse with symptoms of COVID**, it will be recommended that they be seen by a healthcare professional who may order a COVID-19 test. According to NJDOH guidelines, they may not return to school until ONE of the following is received by the health office:

1. A confirmed negative COVID-19 test is received **OR**
2. 10 days have passed since the start of symptoms; symptoms have improved AND the child is fever free for at least 24 hours without fever reducing medications.

Additionally, siblings of any student who has symptoms and meets the COVID-19 exclusion criteria should be excluded from school until the symptomatic individual receives a negative test result. If

symptoms develop while in school, siblings of the symptomatic individual will be sent home. If the symptomatic individual tests positive, siblings will need to self-quarantine.

**IF YOU HAVE ANY QUESTIONS CONTACT MRS. ROOF @ 908-362-6111 EXT 107 or  
Roof@blairstownelem.net**