

OESU SICK DAY GUIDELINES 2022-23

Dear Parents and Caregivers,

We have updated our Sick Day Guidelines to reflect the health and safety practices that are recommended by the Agency of Education and the Vermont Department of Health. In addition, school nurses may make decisions based on their clinical judgment that affect the public health of our schools. Knowing when to keep your child home from school can be a difficult decision. Because children can experience mild symptoms with COVID, it's important that all signs of illness are taken into consideration. Below are some specific instructions from the School Health Office that are intended to help you navigate your child's symptoms.

If your child is not feeling well, has any symptoms of COVID or has been in close contact with someone with COVID please refer to the information below and to the Vermont Department of Health: [COVID-19 Health Information](#) website.

Please keep in mind that a child's temperature may be in the normal range; however they may have other symptoms that warrant staying home and/or seeing a healthcare provider.

When you call the school to report your child's absence please specify what type of symptoms he/she has: fever, respiratory, gastrointestinal, rash, COVID or other. This will support our efforts to monitor the frequency and number of illnesses. We thank you in advance for your assistance with this important aspect of school health.

Your school nurse does not need to know if your child's COVID test result is negative, testing is only recommended for people who have symptoms and testing is not required. Wearing a mask in the school setting is optional; it is an individual decision based on your family's risk assessment. Please do what you feel is best for your child and your family. Schools will no longer be notifying families or staff of positive cases unless directed by the Vermont Department of Health.

When returning to school, children need to be rested and feel good enough to take part in our normal school day including outdoor activities. A doctor's note may be requested. We appreciate your help to keep everyone in our school community well and our students ready to learn.

IF YOUR CHILD HAS A SYMPTOM OF COVID: A TEST AT HOME IS SUGGESTED BEFORE COMING TO SCHOOL

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| Fever (100.4 °F or higher) | Fatigue | New loss of taste or smell |
| Cough | Muscle or body aches | Congestion or runny nose |
| Shortness of breath or difficulty breathing | Headache | Nausea or vomiting |
| Chills | Sore throat | Diarrhea |

- Not everyone with COVID has a fever. People with COVID can have a wide range of symptoms from mild symptoms (like a headache or dry cough) to severe illness.
- Symptoms may start 2 to 14 days after exposure to the virus.
- **IF THE TEST IS NEGATIVE, symptoms are mild and your child can fully participate in their day, please have them come to school.**

IF YOUR CHILD TESTS POSITIVE FOR COVID:

- If your child tests positive for COVID-19, even if they are vaccinated or they never had symptoms, they should isolate as soon as their test result is known.
- Isolation means staying home and away from other people, including the people they live with for 5 days from the date of their positive test or the start of their symptoms, whichever is earlier.
- Please notify your child's close contacts and the school nurse.
- Report self-test results by following instructions on your test kit to automatically provide results to the health department or by filling out the [Vermont COVID-19 Self-Test Result Reporting Form](#).
- Your child can leave home after Day 5 if their symptoms have improved AND
- They have not had a fever for at least 24 hours without the use of medicine that reduces fever.
- If they still have symptoms after completing isolation, you can choose to have them wear a mask which helps protect them and the people around them from getting or spreading COVID-19.

IF YOUR CHILD HAS THE FOLLOWING SYMPTOMS:

- Students with mild symptoms may attend school as indicated below.
- It is suggested that students who have symptoms of COVID (indicated with an *) test for COVID before coming to school.
- While these are school-based guidelines we encourage you to contact your child's healthcare provider whenever you have any concerns about your child's health and to follow their guidance. This includes concerns about the severity or duration of your child's symptoms.

| Stay At Home Symptoms | Return to School |
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| *Temperature of 100.4°F or greater Chills | No fever for 24 hours without the use of fever reducing medicine (Tylenol, Advil, Motrin, etc). |
| *Sore throat | Healthcare provider's guidance or 24 hours after starting antibiotics. |
| *Cough | Cough must be minor and non-productive. |
| Swollen, sore glands | Healthcare provider's guidance or swelling has subsided without additional symptoms. |
| *Difficulty breathing | Breathing is normal and without discomfort. |
| *Fatigue | Fatigue is minimal to none and your child is able to participate in a normal school day including outdoor activities and recess. |
| *Headache | Headache is minimal to none without the use of medicine (Tylenol, Motrin, Advil, etc). |
| *Body aches | Aches are minimal to none without the use of medicine (Tylenol, Motrin, Advil, etc). |
| *Nasal congestion/drainage <i>without</i> diagnosis of environmental allergies | Minimal to no nasal congestion or runny nose without the use of medicine (Tylenol, Motrin, Advil, etc). |
| *Nausea/Vomiting | Minimal nausea and no vomiting for 24 hours. |
| *Diarrhea | No diarrhea for 24 hours. |
| Earache | Healthcare provider's guidance or minimal ear pain that does not interfere with school focus, no drainage and your child is feeling better without additional symptoms. |
| Red eye(s) with eye drainage, white/yellow mucus, crusted eyelids or diagnosed infection | Eye discharge resolved or treated for 24 hours. |
| Significant, unexplained new rash, itchy rash with discharge or fever | Health care provider's guidance or minimal to no rash, no discharge. Child must be fever free. A note from your child's healthcare provider is appreciated as rashes can be difficult to identify. |