

# GreatHearts®

## Health Policy for Students and Staff

A scholar or staff member who is sick will not be able to perform well in school or after-school activities and is likely to spread the illness to other students and staff. We suggest planning for childcare ahead of time so you will not be without a comforting place for your child to stay if they are ill.

- We respectfully ask that your child is picked up **as soon as possible** once you have been notified that your child is sick and needs to go home.
- We ask this to prevent the spread of illness to our faculty, staff, and other students.

Call your healthcare provider for advice if you are unsure about your child's illness. You can always bring your child to school a little late if your child's healthcare provider states it is safe to attend school. When it comes to your child's health and the health of all the other children, faculty, and staff at school, it is better to be safe.

**Please see the below symptom guidelines for keeping students/staff home and when to return to school:**

<b><u>Fever</u></b>	<p><b><i>Stay Home:</i></b> Temperature of 100.0 degrees Fahrenheit or higher. *</p> <p><b><i>Return to School:</i></b> Must be fever free, without taking fever reducing medication, for <b>24 hours</b> before returning to school. Unless you are presenting with respiratory or COVID-19 symptoms, see below.</p>
<b><u>Fever with Respiratory Symptoms</u></b>	<p><b><u>If you have a fever and respiratory symptoms and have tested negative for COVID-19, you should:</u></b> Stay home and away from others until <b>24 hours</b> after your fever and symptoms of respiratory infection are gone, without using fever-reducing medications. Once the symptoms have been gone for 24 hours, you can resume normal activities.</p>

<p><b><u>Cough</u></b></p> <p><i>Mild infrequent cough</i></p> <p><i>Productive cough</i></p> <p><i>Coughing that won't stop -- or anything different about your child's breathing</i></p>	<p><b><i>Come to School:</i></b> A person with a <u>mild infrequent cough</u>, stuffy nose with clear drainage, and sneezing may go to school if able to take part in school activities.</p> <p><b><i>Stay Home:</i></b> A frequent, moist, productive cough, chest congestion, and/or nasal discharge that is not clear in color may be contagious and require treatment and rest at home.</p> <p><b><i>Stay Home:</i></b> Difficult or rapid breathing, and wheezing (if associated with difficult breathing). Uncontrolled coughing not only makes it hard to learn or play, it also warrants a call to the doctor, as does breathing that sounds or looks different from usual breathing.</p>
<p><b><u>Sore throat</u></b></p>	<p><b><i>Stay Home:</i></b> With a fever and/or swollen neck glands.</p> <p><b><i>Return to School:</i></b> Return to School: Individuals with a positive strep test may return to school when they have been fever free for 24 hours without the use of fever-reducing medication <b>and</b> have taken antibiotics for at least 12 hours. Notify health office staff of a positive strep test.</p>
<p><b><u>Vomiting/diarrhea</u></b></p>	<p><b><i>Stay Home:</i></b> Persons with vomiting and/or diarrhea will not be able to attend school or remain at school.</p> <p><b><i>Return to School:</i></b></p>

	<p>24 hours after the last incidence of vomiting and/or diarrhea.</p>
<u>Eyes</u>	<p><b><i>Stay Home:</i></b> Thick mucus or pus draining from the eye may be pink eye. With pink eye you may see white or yellow discharge, matted eyelids after sleep, eye pain, redness, or itching.</p> <p><b><i>Return to School:</i></b> Must receive 24 hours of antibiotics before returning to school. Notify the health office if diagnosed with pink eye.</p>
<u>Rash</u>	<p><b><i>Stay home:</i></b> Undiagnosed, <b>new</b> and/or untreated rash or skin conditions. Follow up with a healthcare provider to determine that the illness is not a communicable disease.</p> <p><b><i>Return to school:</i></b> May return to school with provider note or resolution of rash.</p>
<u>Lice</u>	<p>Students diagnosed with live head lice do not need to be sent home from school early and disrupt the educational process.</p> <p>Upon confirmation of live lice, the parent/guardian will be notified and instructed to pick up the student at the end of the school day.</p> <p><b><i>Return to school:</i></b> The student can go home at the end of the day, be treated, and return to class after appropriate treatment has begun.</p>

## Flu and COVID

### ***Stay Home:***

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all these symptoms:

- Fever or feeling feverish (it is important to note that not everyone with flu will have a fever)
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea which is more common in children than adults

Notify the health office of a positive flu test.

### ***Return to School:***

Must be fever free, without taking fever reducing medication, for **24 hours** before returning to school. A fever is defined as 100°F (37.8°C). \* Also, 24 hours after the last incidence of vomiting and/or diarrhea.

## **Communicable Disease Reporting- State Mandated**

The state requires that certain communicable diseases are to be reported by the school to the State Health Department who will provide community assistance if necessary. Please notify the health office if your child has been diagnosed with any of the following common communicable diseases: COVID-19, strep throat, pink eye (conjunctivitis), flu, measles, and chicken pox. Refer to the full list of Reportable Communicable Diseases at this website:

[ADHS - Communicable Disease Reporting - Schools & Childcare \(azdhs.gov\)](https://www.azdhs.gov)

## **Calling in Your Child Sick or Absent:**

Please provide specific symptoms your child is experiencing such as fever, cough, nausea, etc. Please let us know if the child has seen a doctor or will be seeing a doctor.

## **What Can I Do to Help Prevent Illness?**

- **Stay home when you are sick.** You will help prevent others from catching your illness.
- **Avoid close contact with people who are sick.**
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.

- **Cover coughs and sneezes.** Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow. Wash hands or use hand sanitizer after coughing/sneezing.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces, especially when someone is ill.
- **Wash hands for 20 seconds.** Washing hands often under clean, running water can help prevent the spread of germs. For more guidance see the [CDC: When and How to Wash Your Hands](#). If you cannot wash your hands, use alcohol-based hand sanitizer with at least 60% alcohol.
- **Receive seasonal flu vaccines once available.**