



## Northern Lincoln Elementary School

315 New River Rd, Manville, RI 02838

401-769-0261

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Nurse Office Fax 401-356-4488

## Sick Day Guidelines



## 2023-2024

Please review the following Sick Day Guidelines so that you are aware of signs and symptoms of illness in your child that would prevent them from attending school.

It is important to **keep your child at home and call your physician if they have the following symptoms:**

- Has a fever of 100.4 or higher
- Has been vomiting
- Has cough/ shortness of breath
- Has symptoms that prevent him or her from participating in school such as:
  - Excessive tiredness or lack of appetite
  - Productive coughing or sneezing
  - Headache, body aches, or earache
  - Sore throat – *A minor sore throat is typically not an issue, but a severe sore throat could be strep even if the child does not have a fever. Other symptoms of strep throat in children are headaches and an upset stomach. Please contact your pediatrician as your child will need to be tested to determine if they have strep.*

Please keep your child at home until the child has been:

- **Fever free for 24 hours without having any fever-reducing medicine.**
  - If your child has a fever and it goes down with medicine **they are not allowed to come to school**
- **No vomiting or diarrhea for 24 hours before returning to school.**
  - If your child vomited or had diarrhea the night before or the morning of school, **they are not allowed to come to school**

### **COVID INFO:**

#### **SYMPTOMATIC:**

**Staff, students, and children should stay home when sick and get tested when they have symptoms of COVID-19.**

#### **POSITIVE STUDENT/STAFF:**

- **Anyone who tests positive for COVID-19, regardless of their vaccination status, should stay home and isolate for 5 days.**
- **The date of the positive test is considered day 0. You must continue to stay home and isolate yourself from days 1-5.**

- **If a mask is unable to be worn, the individual should isolate at home for a full 10 days.**
- NO SYMPTOMS OR SYMPTOMS HAVE IMPROVED  
Return to school on day 6 (No fever for 24 hours without medication)  
**They should wear a well-fitting mask for an additional 5 days at school, at home, and with others.**
- SYMPTOMS HAVE NOT IMPROVED  
Isolate at home until their symptoms are improving and they've been fever-free for 24 hours (without the use of fever-reducing medication).  
**They should wear a well-fitting mask for an additional 5 days at school, at home, and with others.**

**FAMILY MEMBERS LIVING WITH A POSITIVE CASE:**

- **Vaccinated** - If asymptomatic can return to school with recommended testing day 6.  
Mask wearing is recommended during school for 10 days.
- **Unvaccinated**- If asymptomatic can return to school with recommended testing day 6.  
Mask wearing is recommended during school for 10 days.

**\*\*If either vaccinated or unvaccinated students become symptomatic at home or at school students will be sent home and be required to test.\*\***

**STUDENTS/STAFF EXPOSED TO COVID19:**

**Monitor to Stay guidelines, which allows students and staff to attend school in person and participate in school-related extracurricular activities during their quarantine period. In this case, they should:**

- Anyone exposed to someone who has COVID-19 should watch for symptoms, get tested after 5 full days, and wear a well-fitting mask for 10 days.
- If symptoms develop, please have the student tested and report results to the school nurse.

All absences **must be reported on a daily basis**. You can call the school 24 hours a day, 7 days a week by calling **401-769-0261 Ext 1302**. Please Provide the child's full name and be **specific** concerning the reason for your child's absence. *Example: Fever with vomiting and diarrhea, complete body rash, sore throat, and stomach ache.*

These best practice guidelines should be used when deciding whether or not your child should attend school. Take into consideration how your child is feeling and his or her behavior, and sending a child to school may only **spread germs to others and make your child susceptible to other illnesses.**

**Hand washing is the single most effective method in preventing the spread of germs.** Please remind your children to wash their hands frequently, especially after using the bathroom, before eating, and after blowing noses. Coughing and sneezing into your elbow while looking downward is effective in preventing the spread of germs.

➤ <https://health.ri.gov/publications/flyers/prevent-illnesses-schools.pdf>

Respectfully,

*Rosanny Bourdierd* RN-BSN

School Nurse Teacher