

# Sick Day Guidelines

Updated August 2023

## Is Your Child Too Sick For School?

Our goal as a school clinic is to promote and support the health of the students so that they may fully participate in their classes and all activities offered.

Generally, if a child is too sick to be comfortable at school or to participate in classroom activities or if they may spread a contagious disease to other children, they should remain at home.

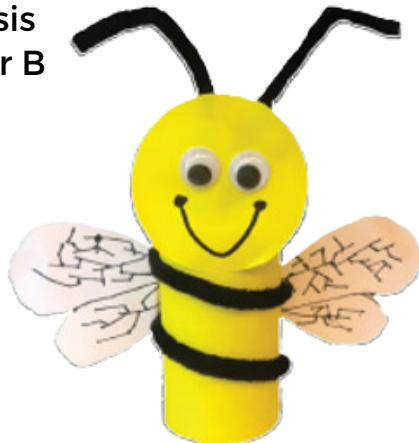
Students should remain at home if:

- They have a fever of 37.5 °C or above before medication is given
- They are vomiting
- They have diarrhea
- They suffer from persistent cough
- They suffer from a sore throat
- They suffer from a runny nose
- They suffer from persistent sneezing
- They have persistent pain (ear, stomach, head, etc.)
- They have been diagnosed with COVID-19

Students may only return to school if they are symptom-free for 24 hours without medication.

Students must present a medical clearance to the clinic before returning to school if:

- They have a skin rash
- They have a pink eye/conjunctivitis
- They have mononucleosis
- They have Influenza A or B



## Further Explanation:

Diarrhea and vomiting – Students suffering from this should be kept at home and should visit their doctor if symptoms persist.

Fever – It is school policy that a child with a fever of 37.5 °C or above should not come to school and cannot remain in school.

Pinkeye or conjunctivitis – Caused by viruses, bacteria or an allergy. There may be redness, swelling, itchiness, discharge and puffiness. A student with these symptoms should not come to school but should visit their doctor to see if antibiotic drops are necessary. Upon return, a medical clearance is required.

Skin rashes – These may be caused by viruses (measles, German measles [Rubella], chicken pox, shingles, hand-foot-and-mouth disease) or bacteria (Impetigo, scabies) that can be passed to others by air droplet /direct contact. The student should consult their doctor and must present a medical clearance before returning to school.

Mononucleosis, Influenza A or B – Upon return, a medical clearance is required.

COVID-19 – Symptom-free students returning to school after testing positive should wear a well-fitted mask for 10 days.

PLEASE MAKE SURE THAT THE SCHOOL HAS YOUR CURRENT CONTACT DETAILS AND ALSO ALTERNATIVE CONTACTS IF YOU CANNOT BE REACHED. PLEASE ALSO NOTIFY THE SCHOOL IF YOU ARE GOING TO BE AWAY FROM HOME AND NOMINATE AN ALTERNATIVE GUARDIAN WHO WILL BE ABLE TO COLLECT AND CARE FOR YOUR CHILD IN YOUR ABSENCE.