

Hardyston School District

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Dear Parents/Guardians,

Due to the COVID 19 pandemic, we have made some changes to our Health Office Guidelines. We now have a **72-hour** plan for keeping students home along with a doctor's note to return to school. Please see the attached updated Department of Health information in regards to changes in our exclusion criteria. **PLEASE NOTE THAT STUDENTS CAN BE REQUIRED TO STAY HOME FOR 10 DAYS.**

If your child is experiencing any of the following symptoms listed below, they are not to return to school for a minimum of **72 hours**. Upon return to school, a doctor's note will be required for all students.

- Students with fever of 100 and above should stay home for a minimum of 72 hours after they no longer have fever without the use of fever reducing medications such as Tylenol (acetaminophen) and Motrin (Ibuprofen).
- Gastrointestinal symptoms such as vomiting or diarrhea. A rule of thumb is to make sure your child is eating and drinking normally.
- Shortness of breath
- Cough
- Body aches
- Unexplained rash

If your child has a strep culture, they are not to return to school until results of the culture are received. If a strep culture is positive, your child must be treated with an antibiotic for 24 hours before returning to school

Encourage your child to wash hands with soap and water, and cover coughs and sneezes. As per CDC guidelines and State mandates, a mask is required at all times.

Please keep these guidelines in mind when sending your child to school.

If you have any issues with insurance and visiting a medical doctor, please contact the nurse in your respective school building.

Remember, we are trying to keep our whole community healthy during these trying times. Thank you for your cooperation.

Elizabeth Burdzy, RN, BSN, CSN

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