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**SCHOOL DISTRICT OF MILTON**

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Greetings from the school nurses!

Our goal in the School District of Milton is to keep our students and staff healthy. By following the guidelines listed below, we can reduce the risk of communicable illness transmission. We appreciate your understanding and cooperation in utilizing these guidelines.

Please remember if a student is well enough to attend school, they should also be well enough to participate in all activities during the school day. This means students will be expected to participate in recess, physical education and other activities deemed appropriate for the rest of the class. If you feel your student is unable to safely participate in these activities, please obtain a medical excuse from your medical provider.

Unfortunately, students also do develop signs and symptoms of illness during the school day. Please be aware that should this occur, school staff may contact you, requesting your student be picked up and taken home for the day.

Please remember to keep a complete, extra set of clothing in your student's backpack. On occasion, a change of clothing may be needed due to illness, bathroom accidents, and/or spills. An extra set of clothing can help to avoid an extra trip to school by family.

When school staff does contact you regarding health issues, Skyward contact numbers are utilized. Please remember to make sure your contact information is updated and emergency back-up contacts are available.

### **ILLNESS GUIDELINES**

#### **FEVER**

Students should not come to school or will be sent home if their temperature is 100.4 degrees F or higher. Before a student can return to school, they must be fever free for 24 hours **without the use of fever reducing medications (i.e. ibuprofen, acetaminophen).**

#### **VOMITING**

If your student vomits while at school, you will be contacted by school personnel, to have your student picked up as soon as possible. Students should be free of vomiting for 24 hours before returning to school. Please contact your physician if vomiting persists for more than 24 hours.

## **STOMACH ACHE**

If a stomach ache is accompanied by nausea, vomiting, diarrhea, fever or an abnormal level of energy, please keep your student home from school. Contact your physician as needed for continuing symptoms.

## **DIARRHEA**

Please refrain from sending your student to school if they are experiencing diarrhea. Diarrhea can indicate infection that can spread to other students and staff. Please contact your physician for diarrhea lasting more than 24 hours. Once students are free of diarrhea for 24 hours, they may return to school.

## **COUGH**

If your student has a deep cough or their cough is accompanied by other symptoms such as fever, lack of appetite, loss of energy, vomiting after coughing, etc., please keep your student home and contact your physician.

## **RED EYES**

If your student's eyes are bright red, producing yellow or green discharge and/or sensitive to light, they may have a contagious eye infection. Please contact your physician for further instructions. If a student is given antibiotics for an eye infection, they may return to school once on antibiotics for 24 hours or with a doctor's note saying they can return to school.

## **SORE THROAT**

Students should remain home if they are reporting throat pain accompanied by swollen glands, fever, headache, skin rash, or low energy levels. If given antibiotics for an infection, students must be on antibiotics for 24 hours prior to returning to school.

## **SKIN RASH**

If your student has a rash accompanied by fever, sore throat, itching, vomiting, low energy, etc., they could have a contagious illness. Please keep your student home with these symptoms. Contact your physician with concerns. A release from the physician will be required stating the student may return to school. If your student comes to school with an undiagnosed skin rash, or develops a skin rash during the day, you will be contacted to take your student home and seek medical advice. Again, a release from the physician, stating the student may return to school, will be required. There are many common childhood illnesses that begin with a rash. Often, treatment is simple and straightforward. Students can often return to school shortly after treatment is initiated.

## **HEADACHES**

Students may attend school if their headache is their only symptom and they appear able to function within the school setting. Students **may** attend school after being given medication for headaches.

### **TOOTHACHES**

If your student can tolerate the dental discomfort they are experiencing, they may be sent to school. If the pain is causing the student to cry, not eat, or have a fever, they should remain home. Please contact your dental provider for further instructions.

### **EARACHES**

If your student is complaining of dizziness, ear pain, ear pressure or has discharge from their ear(s), they should remain home. Please contact your physician for further instructions.

Again, thank you for considering these guidelines when determining whether your student can attend school. If you have any questions or concerns, please feel free to contact us.

District Nurses








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Northside and Elementary Schools

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High and Middle Schools

# When To Stay Home From School (At A Glance Reference Sheet)



To help reduce the spread of illness to students and staff, please monitor for symptoms daily and stay home from school for the following reasons\*:

Symptom	May return after...
 <b>Fever of 100.4°F or higher</b>	You have been fever free for 24 hours without fever-reducing medication (such as Tylenol/acetaminophen or Motrin/ibuprofen) and you are feeling well enough to actively participate in normal daily activities.
 <b>Vomit / Diarrhea</b>	You have not vomited for 24 hours, are diarrhea-free for 48 hours without the use of medication, and you are feeling well enough to actively participate in normal daily activities.
 <b>Sore Throat, Swollen Glands, or Other Communicable Illness (CONTACT YOUR DOCTOR)</b>	You have been on an antibiotic for at least 12 hours OR a healthcare provider has provided a note clearing you to return OR symptoms have significantly improved and you are feeling well enough to actively participate in normal daily activities.
 <b>Persistent Cough / Congestion</b>	Your cough has become sporadic, no other symptoms are present, and you are feeling well enough to actively participate in normal daily activities.
 <b>Pink or Red Eyes With Discharge (CONTACT YOUR DOCTOR)</b>	For pink/red eyes not associated with allergies or other benign causes, you may return when you are feeling well enough to actively participate in normal daily activities.
 <b>Rash (CONTACT YOUR DOCTOR)</b>	Please consult with your healthcare provider regarding the cause of the rash. Please discuss with a District Nurse before returning to school.
 <b>Household Contact of Communicable Illness</b>	If a household member is diagnosed with a communicable illness or virus of concern (i.e. measles, whooping cough, etc.) please follow the recommendations of the Rock County Health Department and consult with a District Nurse on when you may return to school.

## When returning to school following an illness...

To support a healthy school environment, continuing precautions when around others may be necessary. **To prevent the spread of respiratory illnesses such as RSV, COVID-19 and influenza, this may include physical distancing, masks, and increased hand hygiene for five days upon your return to school.** Please consult with one of our District Nurses if you have any questions.

\*This chart includes common ailments and symptoms only. If you have questions about your specific illness or symptoms not included in this chart, please contact one of our District Nurses for guidance.