

Health Office Reminder: Illness & Return to School Guidelines

Dear Families,

Illness can come on quickly in children, and infections spread easily in classroom settings. To help keep our school community healthy, please review our guidelines for when a student may return to school after an illness.

- **Fever:** Students must be fever-free for **24 hours** without the use of fever-reducing medications (e.g., Ibuprofen/Motrin/Advil or Acetaminophen/Tylenol). A fever is defined as **99.5°F or higher**.
- **Vomiting/Diarrhea:** Students who experience vomiting or diarrhea, or are sent home due to these symptoms, may return only after **24 hours** have passed since the last episode, without medication.
- **General Illness:** If your child is sent home due to illness or becomes sick at home, they should stay home for **at least 24 hours** after all symptoms have resolved. Returning too soon can increase the risk of further illness and spreading germs to others.
- **Rashes:** If your child has a rash accompanied by fever, severe itching, or discomfort, they should remain home until symptoms resolve or a medical provider provides **written clearance** for return.
- **Medications:** Medications can only be administered at school with **written authorization from a healthcare provider**. Forms are available on our website ("Authorization to Administer Medications"). A responsible adult must bring the medication to school in its **original pharmacy packaging** with the child's and doctor's name clearly labeled.

To help us track illness trends in classrooms, please inform me of your child's specific diagnosis when calling out sick. Teachers will also forward any health-related messages to me, so please be as specific as possible.

Since illness is often unexpected, please ensure your emergency contact list is up to date and have backup childcare plans in place as we enter flu season.

If you have any questions, feel free to contact me at SCaamano@holmdelschools.org or (732) 946-1827.

Susie Caamano, RN, BSN, CSN
Village School Nurse