

Guidelines for Sick Students or Staff Staying Home During Illness

Symptom	Please keep me home if...	Return to school when...
Fever	Temperature of 100F or greater	Fever-free without the assistance of medications for 24 hours (i.e. Tylenol, Motrin, Advil)
Vomiting	Vomiting within previous 24 hours	Free from nausea and vomiting for 24 hours
Diarrhea	Two or more very loose or watery stools in 24 hours	Free from diarrhea for 48 hours
Respiratory Illness	Uncontrolled cough, runny nose and/or fever (+/- positive COVID-19 test)	Symptoms improving and fever-free (as above). Mask until symptoms are resolved.
Rash	Rash accompanied by fever, behavior change, drainage or blistering, or rapidly spreading	Cleared by primary care provider* and fever-free (as above)
Eye concerns	Pink/red eye with discharge	Cleared by primary care provider* or symptoms resolved. If diagnosed with bacterial conjunctivitis, return once appropriate therapy is started.
Ear pain	Severe ear pain	Cleared by primary care provider* or pain resolved
Sore throat	Sore throat if accompanied by fever, rash, difficulty swallowing, white patches on tonsils, or swollen glands	Symptom-free, or if diagnosed with strep throat then can return when fever-free (as above) and on antibiotics for at least 24 hours
“Not feeling good”	Unusually tired and/or pale, lack of appetite, confused and/or cranky	Feeling better and able to participate fully in class
Lice	Itchy scalp/visible crawling lice	Once treatment started
Emergency Room/Hospital Visit		Cleared by health care provider*. Provide a copy of the discharge instructions and/or a health care provider’s note permitting return to class and any special instructions (i.e. modifications needed and for what time interval)

*Documentation to be faxed or e-mailed to school nurse, see contact information below.

The decision to send a student home from school will be based on the above guidelines, student’s presentation, nursing clinical judgement and nursing knowledge of illness circulating in the community. Contact the school nurse if you have any questions about whether to keep a student home or when it is safe to return to school. Please keep ALL emergency contact information up to date and designate at least one alternate person that the school nurse can contact if the primary parent/guardian cannot be reached.

School nurse contact information:

Westshire Elementary School: Kara Beloin, P: 802-333-4668; e-mail: kbeloin@rivendellschool.org; F: 802-333-4744

Samuel Morey Elementary School: Kara Beloin, P: 802-333-9755; e-mail: kbeloin@rivendellschool.org; F: 802-333-9601

Rivendell Academy: Creigh Moffatt, P: 603.353.4321 X 5; e-mail: cmoffatt@rivendellschool.org; F: 603.353.4414