

Winthrop Public Schools School Health Protocols 2024-25

The school health nurses would like to share some important information with you. Many illnesses affect school-age children. Keeping our schools healthy and safe is a community effort. Please help our school remain as healthy as possible.

Keep your child home from school if they display any of the following symptoms:

- Fever of 100 degrees or more, and until the child has had a normal temperature for 24 hours; **without** the use of Tylenol or Advil
- Vomiting or diarrhea during the night or in the morning before school
- Rash of unknown cause
- Signs of infection of the eyes, ears, nose, throat, skin, or scalp. For example conjunctivitis or pink eye, open sores in the mouth, untreated strep throat, impetigo or open weeping wounds
- If on antibiotics for less than 12 hours for infectious conditions such as strep throat or conjunctivitis or impetigo

Respiratory virus including covid, RSV, flu:

- Return to normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall, and
 - You have not had a fever (and are not using fever-reducing medication)

Practice proper hygiene (handwashing, cough etiquette, and cleaning of surfaces). Please consult your healthcare provider if you have any questions or concerns about symptoms or if symptoms persist.

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When ill and wondering if your child should stay home or not

Fever (>100.0° Fahrenheit or higher):

- **Remain home until fever-free for 24 hours without fever-reducing medication.**

Respiratory Viruses ([Influenza](#), [RSV](#), [Covid-19](#)) - Respiratory virus symptoms may include runny nose, sore throat, coughing, sneezing, watery eyes, fever, malaise, and headache among others. If symptoms are associated with a fever or they do not readily improve, please consult your healthcare provider. Sometimes symptoms can be serious, especially for immunocompromised individuals, infants and older adults.

- **Remain home for at least 24 hours and until both are true:**
 - Your symptoms are getting better (and you will have the stamina to make it through the school day)
 - You have been fever-free for at least 24 hours (without the use of fever-reducing medications)

For at least the first 5 days after you resume normal activities, take these extra precautions especially if you are Covid positive:

- Avoid crowded indoor spaces. Wear a mask anytime you are indoors around other people
- Wash your hands often with soap and warm water. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.
- Avoid spending time with people who are at [increased risk for severe disease](#)
- Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.

Persistent cough, difficulty breathing, wheezing, shortness of breath

- If not associated with a pre-existing condition consult your healthcare provider
 - **Remain home until evaluated by a healthcare provider and the individual has the stamina to make it through the school day.**
- If associated with a pre-existing condition
 - **Remain home until the individual has the ability to make it through the school day.**

Sore throat - A sore throat in addition to a fever, headache or stomach ache may indicate [strep throat](#).

- **If diagnosed with strep throat, remain home until both are true:**
 - a minimum of 12 hours after antibiotics have started
 - fever-free for 24 hours without the use of fever-reducing medications

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Hand, foot, and mouth (Coxsackie virus)- usually begins with mild fever, poor appetite, malaise, and sore throat. One or two days after the fever begins, sores develop in the mouth, usually on the tongue, gums, and inside of the cheeks. A skin rash, usually located on the palms of the hands and soles of the feet, with flat or raised red spots and sometimes blisters, develops over 1–2 days. Individuals may attend school with the rash; there is no need to exclude anyone who is feeling well enough to attend school.

- **Remain home until fever-free for 24 hours without use of fever-reducing medications and the individual has the stamina to make it through the school day.**

Conjunctivitis (pink eye) – Some signs and symptoms of conjunctivitis are when the white part of the eye is red; eyes are itchy and produce a yellow or green crusty discharge. If suspected, contact your physician. If conjunctivitis is suspected while your child is at school, you may be asked to pick up your child to decrease the potential spread.

- **Remain home for at least 12 hours and 3 doses after antibiotic treatment starts or when cleared by a healthcare provider (if no antibiotic treatment is needed).**

Rash – A rash is usually a symptom of an underlying condition or disorder; a rash can be caused by a viral illness or exposure to an irritant.

- **Remain home for any unusual rashes or a rash associated with a fever and contact your healthcare provider.**

Vomiting and Diarrhea – There are many causes for vomiting and diarrhea, viruses being one. Take extra care with handwashing on return to school, especially after using the bathroom.

- **Remain home until symptom-free for 12 to 24 hours and at least two regular meals have been consumed without symptoms returning.**

Families and students are reminded that any absence due to a medical reason can only be marked excused by sending in a medical note signed by a medical provider. We do not accept parent notes.