

Illness Guidelines

Abington Public Schools Illness Guidelines 2020-2021

The health and safety of all students and staff are a priority of Abington Public Schools. In an effort to maximize the health of our community, Abington Public Schools, in collaboration with the Abington Public Health Department, and the Abington Physician have established the following illness guidelines. **Please note, these guidelines are subject to change based on updated data from Centers for Disease Control and Prevention (CDC), the Massachusetts Department of Public Health (MDPH) and/or the Abington Public Health Department.

Families must perform a symptoms check on each of their students each day before leaving for school. If a student experiences any symptoms of COVID-19, or any other illnesses listed below, please keep them home and follow the guidelines below.

Symptoms of COVID-19 include: Fever over 100°F and/or chills, cough, shortness of breath and/or difficulty breathing, fatigue, muscle or body aches, headache (in combination with other symptoms), new loss of taste or smell, sore throat, congestion or runny nose (in combination with other symptoms), nausea, vomiting, diarrhea.

ILLNESS	ACTION	EXCLUSION FROM SCHOOL	RETURN TO SCHOOL
Exposure to COVID-19- identified as a close contact	Quarantine for 14 days at home and call healthcare provider for COVID-19 test. Call school nurse.	14 days quarantine, even if COVID-19 test is negative.	After 14 days of quarantine if no symptoms develop and cleared by:

			- Public Health Department -Healthcare Provider
Diagnosis of COVID-19	Isolate at home for minimum of 10 days AND call school nurse and Public Health Department.	Minimum of 10 days, depending on resolution of fever and symptoms (could be longer if still experiencing symptoms). Must be 24 hours fever free off fever reducing medications AND have improvement of symptoms.	Cleared by: - Public Health Department -Healthcare Provider
Symptoms suggestive of COVID-19	Stay home, call healthcare provider for COVID-19 test.	Depends on the results of the test. - If negative COVID-19 test, may return to school after 24 hours without a fever off of fever reducing medications, improvement of symptoms. If receives an alternative diagnosis, may return to school based on the recommendations for that alternative	Cleared by: - Public Health Department - Healthcare Provider

		<p>diagnosis (i.e. flu, strep throat, etc.).</p> <p>- If your child has Covid-19 like symptoms and you elect to not have a test done. They may return to school 10 days after their symptoms began as long as symptoms have improved and they have been fever free for 24hrs without medication. OR with a doctor's note providing alternative diagnosis and fever free for 24hrs without medication.</p>	
Asthma	Stay home if requires nebulizer treatment for control.	Until asthma symptoms controlled off nebulizer treatment.	Cleared by: -Healthcare Provider
Cold symptoms i.e. nasal discharge cough, sneeze	Stay home, call a healthcare provider for evaluation and referral for COVID-19 test.	- If negative COVID-19 test, must be fever free off fever reducing medication for 24 hours, must have improvement of cough, must be able to self-contain nasal secretions and practice cough hygiene.	Cleared by: - Healthcare provider - Public Health Department (if positive test)

		<p>- If COVID-19 positive, will be followed by Public Health Department for isolation guidelines. _</p> <p>- If your child has Covid-19 like symptoms and you elect to not have a test done. They may return to school 10 days after their symptoms began as long as symptoms have improved and they have been fever free for 24hrs without medication. OR with a doctor's note providing alternative diagnosis and fever free for 24hrs without medication.</p>	
Conjunctivitis (Pinkeye)	Stay home, call healthcare provider for evaluation.	24 hours after ophthalmic antibiotic and cessation of purulent (pus) eye discharge.	Cleared by: -Healthcare provider
Cough due to pre-existing condition as documented by	Stay home and call healthcare provider for evaluation.	May return to school after 24 hours fever free without medication, has improvement of	Cleared by: - Healthcare provider

healthcare provider		symptoms with treatment, and if has documentation from a healthcare provider that there is an alternative diagnosis i.e. asthma, seasonal allergies, etc.	
Ear infection	Stay home and call healthcare provider for evaluation.	24 hours fever free without medication	Cleared by: -Healthcare provider
Fever over 100 degrees orally with no other symptoms	Stay home, call healthcare provider for evaluation and referral for COVID-19 test.	<p>- May return to school 24 hours fever free without use of medication and has a negative COVID-19 test, and if has documentation from a healthcare provider that there is an alternative diagnosis.</p> <p>- If there is no alternative diagnosis and no COVID-19 test was done, must stay home for 10 days isolation and be fever free for 24 hours off medication.</p>	Cleared by: - Healthcare provider - Public Health Department

<p>Headache</p>	<p>Stay home if no improvement with intervention (ie. fluids, rest and eating). If combined with fever call a healthcare provider for evaluation. If other symptoms or if someone else in the household is ill, consider COVID-19 test and remain home until results are known.</p>	<ul style="list-style-type: none"> - If positive COVID-19 test, will follow public health guidelines for isolation. - May return to school if symptoms have improved or have documentation of alternative diagnosis from healthcare provider. 	<p>Cleared by:</p> <ul style="list-style-type: none"> - Symptom relief - Healthcare Provider - Public Health Department (if positive COVID-19)
<p>Nausea, vomiting and/or diarrhea</p>	<p>Stay home and call healthcare provider for evaluation and referral for COVID-19 test.</p>	<ul style="list-style-type: none"> -If negative test, may return to school after 24 hours without a fever reducing medication, and must be able to tolerate a typical diet for 24 hours. - If no testing done, must stay home for 10 days of isolation unless provides written documentation from healthcare provider with an alternative diagnosis. 	<p>Cleared by:</p> <ul style="list-style-type: none"> - Public Health Department - Healthcare provider
<p>Pain</p>	<p>Stay home if requires narcotic medication for pain control, notify school nurse.</p>	<p>Until off narcotic medication and cleared by healthcare provider.</p>	<p>Cleared by:</p> <ul style="list-style-type: none"> - Healthcare provider

Rash	Stay home and call healthcare provider for evaluation.	Until has documentation by healthcare provider with diagnosis and improvement of rash.	Cleared by: - Healthcare provider
Sore Throat	Stay home and call a healthcare provider for evaluation. May be referred for COVID-19 test.	<ul style="list-style-type: none"> - Until has documentation of an alternative diagnosis by a healthcare provider and improvement of symptoms. - If diagnosed with Strep Throat, must stay home until on antibiotics for a full 24 hours, and must be fever free off of all fever reducing medications. - If COVID-19 test negative, may return after 24 hours if fever free off of all fever reducing medications and improvement of symptoms. - If awaiting COVID-19 test, must remain home and isolate while awaiting results. 	Cleared by: <ul style="list-style-type: none"> - Healthcare provider - Public Health Department (if COVID-19)

		- If positive COVID-19 test, must isolate and stay home until fever free off of fever reducing medications and improvement of symptoms.	
Other illnesses	Stay home and call healthcare provider for evaluation.	Until diagnosis by healthcare provider.	Cleared by: - Healthcare provider

Updated 9/2020