



FHUMC Day School Wellness Policy



****If your child or anyone in your household is experiencing symptoms of COVID-19 such as: fever, cough, shortness of breath, diarrhea, sore throat, chills, body aches, headache, fatigue, or nausea for an unexplained reason, please do not bring your child to school. If you are unsure whether you should bring them, please call or send a message on Brightwheel.****

If your child is exposed to anyone with COVID-19 (closer than 10 feet for longer than 10 minutes) or anyone in your household tests positive, we need to know as soon as possible!

If your child is not feeling his/her best, please use the following guidelines to determine whether or not he/she should be in school:

	Child should NOT be at school or in contact with other children:	If child feels well enough, s/he may attend school:
Runny nose	Cloudy or yellow/green discharge with congestion; fever	Clear drainage as with allergies
Cough	Frequent, uncontrollable, producing mucus, or accompanied by fever	Infrequent, no mucus is being coughed up and/or child has been on antibiotics for 72 hours before returning to school
Fever	If temperature is 100.4 or if any other symptoms accompany any elevated temperature	Temperature must be below 100.4 for 72 hours without the use of fever reducing medications
Diarrhea or vomiting	One episode or vomiting or more than one episode of diarrhea	Single incident of diarrhea and no other symptoms (fever, vomiting); must be 72 hours after the last recurrent episode of diarrhea or vomiting
Strep throat or Scarlet Fever	Sore throat, headache, nausea, fever	No fever for 24 hours without the use of fever reducing medications and 24 hours of antibiotics completed (note from Dr.).
Pink eye/ Conjunctivitis	Eye is red with complaint of burning or itching; crusty, white or yellow drainage	Bacterial: After 24 hours of antibiotics Viral: With doctor's note to return
Rash/skin infection	Any child with rash or signs of skin infection not having been evaluated by a doctor	Rash free/written release from a doctor or after 24 hours of antibiotic for skin infection
Chicken pox	Itching with pink/red spots with blister type center, fever	Lesions crusted over and dry, no fever for 24 hours without the use of fever reducing medications
Flu	Temperature 100.4 or over with accompanying sore throat, cough, runny nose, congestion, body aches, extreme tiredness, vomiting, or diarrhea	After fever and symptom free (less than 100.4 oral temperature) for 72 hours WITHOUT the use of fever reducing medications
Lice	Evidence of active infestation, including nits (lice eggs); eggs hatch in 7-10 days. Retreatment is always required.	After treatment with a proven and effective lice riddance and after all nits have been removed. A certificate from Lice Solutions or equivalent is required.