South Boston Catholic Academy

School Illness Guidelines

To keep our school community safe and healthy, please review the following protocols for common illnesses. Children who are sick should remain at home to prevent the spread of infection. A child must be well enough to participate in normal school activities before returning. Children must be fever-free for 24 hours without fever-reducing medication before returning. Children should remain home if they have vomiting, diarrhea, uncontrolled cough, or are too tired to participate in school. If a child is sent home from school sick they must remain home the following day unless cleared by their doctor.

If your child is absent from school for three days or more, they will need a doctor's note upon returning.

COVID-19

- Stay home if your child has symptoms such as fever, cough, sore throat, body aches, or loss of taste/smell.
- Students may return if asymptomatic for 24 hours and they must be fever-free for 24 hours.

Flu/Fever

- Keep your child home until he/she is fever free for at least 24 hours without medication (Tylenol or Ibuprofen). They must also feel well enough to return to school
- If your child has an excessive cough that is impacting his ability to participate we recommend keeping them home unless a doctors note is provided

Strep Throat

- Symptoms may include sore throat, fever, stomachache, and swollen glands.
- If diagnosed, children must stay home until at least 24 hours after starting antibiotics, fever-free for 24 hours, and feeling well enough to return.

Hand, Foot & Mouth Disease (HFMD)

- Symptoms: fever, mouth sores, rash/blisters on hands, feet, or buttocks.
- Children are most contagious during the first week.
- Children may return when they are fever-free for 24 hours, blisters have dried/scabbed, and are able to participate in school activities.

Rash:

- If your child has a new rash please notify their teacher
- Depending on the severity of the rash, students will be sent home unless they have a doctor's note

Conjunctivitis (Pink Eye)

- Symptoms: red, itchy eyes with discharge.
- If bacterial conjunctivitis is diagnosed, students may return after 24 hours of antibiotic eye drops
- If viral or allergic, students may return as long as they are able to participate in class

Head Lice

- Children with live lice should remain home until treated.
- After the treatment and removal of live lice, students may return.
- We recommend completing a second treatment several days after the first, but first contact your child's provider for recommendations

Injury/ Cast

- Parents/guardians must notify school personnel if a student has sustained an injury requiring surgery, stitches, a cast, splint, sling, brace, or crutches.
- A doctor's note is required before returning to school, indicating:
    - The type of injury and treatment (cast, splint, brace, etc.)
    - Any restrictions on activity (PE, recess, sports, stairs, playground)
    - A doctors note for activity clearance

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