



# Avonworth Nurses' Corner

November 2022

## Cold & Flu Season is here!

It's hard to know when to keep your child home and even harder trying to tease apart whether it is a cold, the flu, covid-19, or even allergies. Remember there is a lot of overlap in symptoms for all these - they can look very similar. "When in Doubt, Keep Them Out".



Please take a moment to review the following information on when to keep your child home from school. As stated below masks should be worn if anyone in the household is positive for covid-19. Be aware of these recommendations so you know how to proceed when the time comes.

### Covid Recommendations

#### **Testing Positive for COVID-19 (Isolate)**

Stay home for 5 days. The day symptoms began is day zero. If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house but continue to wear a high quality, well-fitting mask around others for 5 additional days. If you have a fever, continue to stay home until you have been fever free for 24 hours without the help of medicine (acetaminophen/ibuprofen). Notify any close contacts to watch for symptoms of illness and if present, they should stay home and test.

#### **Exposure to Someone with COVID-19**

Household members and close contacts to a positive person should wear a mask around others for 10 days from the last contact with the positive testing person and test on day 5 if possible. If you develop symptoms, you should test and stay home until symptoms are better (see Sick Day guidelines below).

#### [CDC Covid Guidance](#)

At-Home Covid test kits are available at each school. You may pick these up from any school building.

### When Should My Child Stay Home?

It can be hard to decide if you should keep your child home from school when they aren't feeling their best. Two questions to keep in mind are:

- Are they able to actively participate in the learning activities at school?
- Are they putting others at risk of becoming sick?

Sending your child back to school too soon may make their recovery take longer and may make others sick. Symptoms that prevent them from participating in school may include:


- Very tired, lack of sleep, or lack of appetite
- Uncontrollable cough (especially if they do not consistently cover effectively)
- Severe pain - sore throat, body aches, ear aches, stomach aches

Remember sick children belong at home and well children belong in school. See below...

Stay home if:

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
					
Temperature of 100° F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with oozing, drainage or fever	Redness, itching, and/or pus draining from eye	Hospital stay and/or emergency room visit

I am ready to go back to school when I am...

Fever free without the assistance of medication for 24 hours (i.e., Tylenol, Motrin, Advil)	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash or fever and have been evaluated by my doctor if needed.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
 It's ok to have a runny nose and/or small cough.					

If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.

Please be familiar with district medication procedures should your child need medication during the school day. Students are not permitted to carry medication due to safety concerns.

## Medication Procedure

## Medication Order

We thank you for the privilege of taking care  
of your child in school!

Primary/Elementary School Nurse - Mara Alterio MSN, RN, CSN [malterio@avonworth.k12.pa.us](mailto:malterio@avonworth.k12.pa.us)  
Middle/High School Nurse - Colleen Barcaskey MSN, RN, CSN [cbarcaskey@avonworth.k12.pa.us](mailto:cbarcaskey@avonworth.k12.pa.us)

Please click on our [District Health Services Webpage](#) for more information.