

## **HEALTH SERVICES**

### **NOTES FROM THE NURSES**

A few reminders as we head towards winter months and holiday travels

#### **WHEN TO KEEP A CHILD HOME WITH ILLNESS IN COVID TIMES**

It can be hard to know when to send children to school, if they tell you that they do not feel well. Usually, the best place for your child is in school. There are some times when keeping your child home to rest or call for an appointment with your health care provider is recommended.

**COVID-19 related symptoms that will require a medical evaluation and COVID-19 testing, even if your child is experiencing just one of the following symptoms:**

- Fever greater than 100.0 and/or chills
- Cough that is persistent
- Shortness of breath or difficulty in breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting and/or diarrhea

This list does not include all possible COVID-19 symptoms. People with the virus that causes COVID-19 may experience any, all, or none of these symptoms.

**Please keep your child home until fever free for 24 hours (less than 100.0 without the use of medicine), improvement in symptoms, and if prescribed by your healthcare provider, your child has received the appropriate treatment.**

**Testing:** All students will need to provide a negative COVID-19 test after any illness with symptoms suggestive of a COVID-19 infection. The IUFSD is only accepting **NAAT** tests, for example: PCR or rapid molecular tests. At this time the District is not accepting rapid antigen tests or at home test

## **Return to School for Individuals Displaying Symptoms of COVID-19 (DOH guidance 9/2/2021)**

All school students, teachers, and staff with new or worsening symptoms of COVID-19 must be excluded from school, **regardless of vaccination status**, and either:

- provide a negative COVID test result, or
- remain excluded from school for a minimum of 10 calendar days from symptom onset, prior to returning to school.

If student, teacher, or staff symptoms are improving AND they are fever-free for at least 24 hours without the use of fever reducing medicines, they may return to school with either a note from the healthcare provider indicating the test was negative OR a copy of the negative test result.

**Given the growing prevalence of breakthrough infections among vaccinated populations nationwide, there is no exemption for symptomatic vaccinated people.**

### **COVID Vaccine for ages 5-11**

As of November 3, 2021, children ages 5 – 11 are eligible for the COVID-19 vaccine. Vaccine appointments for children ages 5 - 11 are now available at New York State mass vaccination sites. Vaccines may also be available through your child's pediatrician, family physician, local county health department, or pharmacy.

[More information from the NYSDOH can be found here.](#)

**A person is considered fully vaccinated two weeks after the second dose, in a two dose vaccine administration.**

## Who Needs A Flu Vaccine?

Influenza, commonly referred to as the 'flu', is a severe respiratory illness that is easily spread and can lead to severe complications. You can help avoid getting and spreading influenza by getting vaccinated. [Get Your FLU Vaccine!](#)



An annual flu vaccine is recommended for almost everyone 6 months and older. It is one of the best ways to reduce flu illnesses, hospitalizations and death from flu. This fall and winter, the flu virus and the virus that causes COVID-19 may both be spreading. Vaccination is the best defense against both COVID-19 and the flu. Both vaccines are necessary to help people stay healthy and to avoid added stress to our health care system.

<https://www.health.ny.gov/publications/2178.pdf>

If you have questions and concerns regarding your child's health please contact your school nurse.

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