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Dear Stratton School Families,

As we approach cold and flu season we wanted to send out a letter to clarify when it is okay to come back to school after an illness or being sent home early. As always, feel free to reach out with questions if you are not sure what to do.

Common Symptoms Requiring a Child to Stay Home

- **Fever:** Temperature of **100.4°F or higher**. The student must be fever-free for at least **24 hours without the use of fever-reducing medications** (like ibuprofen or acetaminophen) before returning.
- **Vomiting or Diarrhea:** Thrown up 2 or more times, or experienced frequent loose, watery stools within the past 24 hours. Students must be symptom-free for **24 hours** before coming back.
- **Contagious Bacterial Infections:** Such as **Strep Throat** or **Pink Eye (Conjunctivitis)**. The student must stay home until they have been on prescribed antibiotics for at least **24 hours**.
- **Respiratory Illnesses, flu, & COVID-19:** Students with a persistent or uncontrolled cough, severe sore throat, difficulty breathing, or a positive COVID-19 test should stay home and isolate according to current public health guidelines (typically isolating for 5 days with improving symptoms and masking days 6–10 for COVID-19).
- **Rashes:** Unexplained rashes accompanied by a fever, or open, draining sores, until cleared by a doctor.

When You Can Return to School and Normal Activities

You can resume your normal routine when **both** of the following are true for at least 24 hours:

1. **Your symptoms are getting better overall**.
2. **You have not had a fever** (and are not using fever-reducing medication).

Please remember to practice good hand hygiene and cover coughs and sneezes.

-Stratton School Nursing Team

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