

## Mitchell School District #55

### Simplified Guidelines for School Community:

Dear Parent/Guardian:

Please follow these guidelines to help all students stay healthy and ready to learn.

Please **DO NOT SEND AN ILL STUDENT TO SCHOOL**. The other page of this letter gives examples of when your student should not be in school.

**If your student is ill, please CONTACT US** by calling the office at [541-462-3311](tel:541-462-3311) or emailing [valswagerty@mitchell.k12.or.us](mailto:valswagerty@mitchell.k12.or.us).

**Please contact your health care provider** about any **SERIOUS ILLNESS** or if you are worried about your student's health. If you need help in finding a health care provider, you may contact your local health department.

**Please notify the school** if your child is diagnosed with a **CONTAGIOUS DISEASE**, including these: *chickenpox, COVID-19, diphtheria, E. coli diarrhea, hepatitis, measles, mumps, pertussis, rubella, Salmonella, scabies, shigellosis, tuberculosis, or another disease as requested*. The school will protect your private information as required by law. [OAR 333-019-0010; ORS 433.008.]

**Please notify the school** if your student requires **MEDICATIONS** during school hours. Follow school protocols for medication at school. If your student's illness requires antibiotics, the student must have been on antibiotics for at least 24 hours before returning to school, and longer in some cases. Antibiotics are not effective for viral illnesses.

**Please notify the school** if your student has a **CHRONIC HEALTH CONDITION**. We will work with you to address the health condition so that the student can learn. With consent, the school nurse may consult with the student's health care provider about the health condition and necessary treatments. To contact the school nurse or health office please call [541-462-3311](tel:541-462-3311) or email [valswagerty@mitchell.k12.or.us](mailto:valswagerty@mitchell.k12.or.us).

We want to support your student. Please contact us if you have questions or concerns.

## PLEASE KEEP ILL STUDENTS OUT OF SCHOOL

The list below gives school instructions, not medical advice. Please contact your health care provider with health concerns. **During 2020-2021, anyone exposed to COVID-19 must stay home for 14 days.**

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
 <b>Fever:</b> temperature by mouth of 100.4°F or higher	*The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.  <b>*Fever-free for 24 hours</b> without taking fever-reducing medicine <b>AND</b> after a COVID-19 <b>test is negative</b> , <b>OR 10 days</b> if not tested.
 New <b>cough</b> illness <b>OR</b> New <b>difficulty breathing</b>	<b>*Symptom-free for 24 hours AND</b> after a COVID-19 <b>test is negative</b> , <b>OR 10 days</b> if not tested. If diagnosed with pertussis (whooping cough), the student must take 5 days of prescribed antibiotics before returning.
 <b>Headache</b> with stiff neck or with fever	<b>*Symptom-free OR</b> with orders from doctor to school nurse. Follow fever instructions if fever is present.
 <b>Diarrhea:</b> 3 loose or watery stools in a day <b>OR</b> not able to control bowel movements	<b>*Symptom-free for 48 hours OR</b> with orders from doctor to school nurse.
 <b>Vomiting:</b> one or more episode that is unexplained	<b>*Symptom-free for 48 hours OR</b> with orders from doctor to school nurse.
<b>Skin rash or open sores</b>	<b>*Symptom free</b> , which means rash is gone <b>OR</b> sores are dry or can be completely covered by a bandage <b>OR</b> with orders from doctor to school nurse.
<b>Red eyes with eye discharge:</b> yellow or brown drainage from the eyes	<b>*Symptom-free</b> , which means redness and discharge are gone <b>OR</b> with orders from doctor to school nurse.
<b>Jaundice:</b> new yellow color in eyes or skin	<b>*After the school has orders</b> from doctor or local public health authority to school nurse.
<b>Acting different without a reason:</b> unusually sleepy, grumpy, or confused.	<b>*Symptom-free</b> , which means return to normal behavior <b>OR</b> with orders from doctor to school nurse.
<b>Major health event</b> , like an illness lasting 2 or more weeks <b>OR</b> a hospital stay.	<b>*After the school has orders</b> from doctor to school nurse.
<b>Student's health condition requires more care than school staff can safely provide</b>	<b>*After measures are in place</b> for student's safety.