

Manhattan School District

Next Steps and Illness Guide for 2023-2024 School Year

Date: _____ Time: _____ Student Name: _____

Thank you for contributing to the health and safety of Manhattan School District and the community of Manhattan. This form explains how long a student should stay home from school and associated return criteria. We hope to see your child back in school as soon as possible!

___ **Cold/Flu/Covid-19 Related Symptoms**

- At least ONE of the following symptoms: cough (new, unexplained, or severe), shortness of breath, loss of taste or smell, difficulty breathing. OR at least TWO of the following symptoms: temperature >100.4F, chills, muscle aches, sore throat, headache, runny nose or congestion, nausea, vomiting, diarrhea, or fatigue.
- Stay home until: 1) no fever for 24 hrs without the use of fever reducing medication AND experiencing relief of other symptoms or 2) test negative for Covid-19 or 3) provide a doctor's note describing return date to school.

___ **Fever** of >100.4F using a digital temporal thermometer.

- Stay home for 24 hours **after** temperature returns to normal without the use of fever reducing medications.

___ **Vomiting or Diarrhea**

- Stay home for 24 hours after the last episode of vomiting or diarrhea. (48 hours if diagnosed with norovirus).

___ **Strep Throat**

- Stay home until 12 hours after the start of antibiotics

___ **Unexplained Rash**

- Stay home until the rash is gone or a medical note is obtained from a physician stating that the rash is not contagious, or 24 hrs has passed since the start of a prescribed medication for the rash.

___ **Conjunctivitis** (often known as "pink eye") - redness, itching, and discharge from one or both eyes.

- Keep your child home until they are symptom free or on medication for conjunctivitis for 24hrs.

* As with any illness students and staff should stay home if they are unable to participate in activities or classroom work, they require a level of care greater than staff members can provide, and/or they pose a risk of spreading harmful disease to others.

IMPORTANT REMINDERS

- Students/Staff who test positive for Covid-19 - the CDC and GCCHD recommend staying home for 5 full days, then returning if 1. the person is fever free for 24hrs (without the use of fever reducing medication), and 2. other symptoms are resolving. If the above criteria are met it is recommended that the person continue to wear a mask around others for 5 additional days. If the person continues to have fever and/or moderate to severe respiratory symptoms after the 5th day they should remain at home until the above return criteria are met. Please stay in communication with the school so that we know when to expect your child back at school.
- Isolation/quarantine for close contacts is not required by the district. If a parent chooses to keep their student home to monitor for symptoms the school should be notified.
- It is the responsibility of the student to follow current building level homework/make up policies during their absence.
- Anyone who is ill is encouraged to get **rest, stay hydrated, cover coughs, and wash hands**, and call 911 or go to the Emergency Department if they are experiencing trouble breathing, persistent pain or pressure in the chest, new confusion, the inability to wake or stay awake, or bluish lips or face.

Thank you for your cooperation!

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