



PCS Illness Policy

The decision to keep your child home is not an easy one to make, but it is extremely important for keeping our school community safe. The pandemic has drawn such focus on ruling out the presence of COVID-19 that it can be easy to think that a negative COVID test immediately clears a student to safely return to school. However, ***the presence of any of the symptoms listed below generally suggests a student has an infectious illness/condition that can be transmitted to others and should not attend school, regardless of whether the illness is COVID-19.*** Keeping an ill child home from school protects not only the child, but also schoolmates, teachers and school staff. **If your child is displaying Covid like symptoms we offer free At-Home Rapid Antigen COVID Test kits at the District Office and the main office of every school site (while supplies last).**

Keep your child at home when student has any of the following symptoms:

Symptom	Keep your child home if:
Fever	Fever of <u>100°F</u> or higher in the last 24 hours (without medication), even if the student no longer has a fever in the morning before school.
Cough	Coughing frequently, coughing up phlegm, or the cough sounds like a bark or is accompanied by a sore throat or wheezing.
Sore Throat	Tender/swollen glands and a fever of 100 or or higher. If your child has strep throat , your child must take antibiotics for at least 24 hours before returning to school, even if feeling better.
Nasal Congestion, Runny Nose, and Sneezing	Sneezing/nasal discharge is severe or persistent, is accompanied by other symptoms, such as fever, and/or your child is unable to practice good respiratory etiquette and hand washing.
Vomiting and Diarrhea	Until 24 hours have passed without vomiting or diarrhea.
Rashes	The rash blisters, develops pus, is very uncomfortable or is accompanied by a fever-this could indicate chicken pox or impetigo. All other rashes must be covered by clothing or bandage. Any unidentified rash should be evaluated by a doctor.
Ear Ache/Infections	Experiencing pain/discomfort or if accompanied by a fever. They should be evaluated by a healthcare provider and should have started any necessary treatments (antibiotics, pain medication, etc) before returning to school.

Pink Eye (bacterial conjunctivitis)	Red and/or itchy eyes, pus/discharge, and/or the eyelashes are matted shut upon waking up in the morning. Your child must stay home from school until at least 24 hours after the start of antibiotics.
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If symptoms persist for 24 hours or worsen, call your medical provider for advice.

Communicable Illnesses: Please notify the school right away if your child has been diagnosed with a communicable illness, including but not limited to: strep throat, scabies, impetigo, chicken pox, measles, rubella, mumps, fifth disease (slapped cheek), hand-foot & mouth disease (coxsackie), ringworm, whooping cough, meningitis, pink eye, so that exposure notifications can be sent to classmates (*your child's medical information will remain confidential*). Your child must be properly treated and no longer contagious before returning to school, as advised by their healthcare provider and per district policy, and will require a doctor's clearance to return to school.

Head lice: Your child can attend school as long as their hair has been treated and there are no live lice present. Shampoos (pediculicides) can be purchased over-the-counter. Lice lay eggs (nits) that attach to the shaft of the hair. Treatment includes removing/combing out nits daily and cleaning the household to prevent re-infection.

Head injury/concussion: If your child has sustained a head injury and is experiencing persisting symptoms, such as headache, dizziness/lightheadedness, sensitivity to light or noise, they must be evaluated by their healthcare provider before returning to school or sports. If a concussion is diagnosed, a doctor clearance and protocol for return to school and return to physical activity is required.

Injuries (ie. fractures, sprains): A note from a healthcare provider is required to use crutches, a wheelchair or any other assistive device at school and for any PE/physical activity restrictions or accommodations that your child may need when they return to school.

Prior COVID-19 Diagnosis: There may be a variety of potential complications to youth heart health after a positive diagnosis of COVID-19. Children or adolescents who have tested positive for COVID-19 within the prior 6 months should visit their pediatrician/medical provider for a post-illness visit prior to returning to physical activity such as athletics or physical education. The American Academy of Pediatrics has published important information for families and caregivers as well as graduated Return to Play protocols which can be referenced here: ([AAP](#)). It is important to note that the student's primary care provider is responsible for clearing the student's safe return to play and the conditions under which that should happen. Petaluma City Schools will comply with the recommendations of the student's medical provider.