

## **MTPS Health Guidelines - updated 3/22/24**

Updated guidance from the [CDC](#) recommends people who are sick with a respiratory virus, such as **COVID19**, **flu**, and **RSV**, should stay home and away from others.

Individuals may return to school and normal activities when symptoms are improving overall, and with no fever for more than 24 hours without the use of a fever-reducing medication.

Once people return to school and resume normal activities, they are encouraged to take additional prevention strategies for the next 5 days, such as practicing good hygiene by covering coughs and sneezes, washing hands often and wearing a mask if in small spaces or as needed.

### **When to keep sick students at home:**

Vomiting and Diarrhea: A child with vomiting and/or diarrhea should be kept at home until symptoms have resolved for 24 hours and the child is able to tolerate a regular diet.

Fever: Your child may attend school with a temperature less than 100 degrees. Your child must be fever-free, without fever reducing medication, for 24 hours before returning to school.

Headache: A child should be kept home if a headache is severe and does not respond to treatment, and is accompanied by other symptoms such as fever.

Cold, Sore Throat, Cough: Keep your child home if cold and cough symptoms are associated with fever or swollen glands, or if they do not readily improve. Your child may attend school if there is no fever, he/she is not fatigued and is able to do school work, and if the symptoms are mild and your child can manage behaviors to prevent the spread of germs. If your doctor has prescribed antibiotics for strep throat or pink eye, your child must be on the antibiotics for 24 hours before returning to school.

**\*\*Staff and students who test positive for COVID/Flu/RSV should inform your school's nursing office for county reporting purposes.**