

Bellefonte Area School District

COVID-19 Sick Day Rules

Parents are responsible for checking their student's temperature at home EVERY DAY before getting on the bus or being dropped off at school.

Mode	Temperature for Fever
Axillary and Temporal	99.5°F or higher
Oral	100.4°F or higher

If a student has a fever, **they must stay home.** These absences will be excused by the school nurse and will be noted as a medically excused absence.

If the student has taken a fever-reducing medication such as acetaminophen (Tylenol), ibuprofen (Motrin, Advil), naproxen (Aleve) within 8 hours, **they must stay home.**

If the student has one symptom from Column A or two symptoms from column Column B below, **they must stay home.**

If a student has tested positive for COVID-19 or has been in close contact with someone who has tested positive for COVID-19, **they MUST stay home and quarantine.** Please contact the Pennsylvania Department of Health at (814) 865-0932 for guidance on quarantine requirements.

Close contact is...

Less than 6 feet of separation for greater than 15 minutes

Please inform the nurse at your student's school that he/she/they have the following symptoms or have tested positive for COVID-19.

Any student who develops these symptoms at school will be sent home. We request a note from a physician, nurse practitioner, or physician assistant clearing them to attend school be submitted to the school before they return.

Column A - One Symptom	Column B - Two Symptoms
Cough	Fever (see chart above)
Shortness of breath	Chills
Difficulty breathing	Rigor (Shivering or trembling, as caused by a chill)
New loss of smell without congestion (olfactory disorder)	Muscle pain (myalgia)
New loss of taste without congestion	Headache
	Sore throat
	Nausea or vomiting
	Diarrhea
	Fatigue
	Congestion or runny nose

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General Sick Day Rules

The following guidelines were in place prior to the COVID-19 global pandemic and still remain in place.

Students should remain home from school or will be sent home from school if the child:

- Has a fever of 100.4
- Has vomiting or diarrhea, 2 or more times during the school day
- Has vomiting or diarrhea 2 or more times the night prior to the school day

Please keep your child home from school if he/she/they:

- Has a cough that he/she/they cannot control
- Has frequent sneezing with sinus congestion that cannot be controlled
- Headache
- Body ache
- Appears tired
- Has a lack of appetite
- Has a severe sore throat

A note about strep throat - A severe sore throat could be strep even without a fever. Other signs of strep throat in children are headache, upset stomach, or rash. Call your healthcare provider if your child has these signs. A strep test is needed to know for sure if it is strep throat.

24 Hour Rule:

- Fever: Keep your child home until he/she/they is **fever free without medicine for 24 hours.**
- Vomiting or diarrhea: Keep your child home for 24 hours after the last time he/she/they has vomited or had diarrhea.
- Antibiotics: Keep your child home until 24 hours after the first dose of antibiotics for anything like an ear infection, strep throat or conjunctivitis (pink eye)

Many times children and adults come to school with colds and as a result, each one is passing their illness to others. Please help others from becoming ill by keeping your child home when they are ill.