



BE PREPARED

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The cold and flu season is here! Since germs and illnesses are easily spread at school to students and staff, please take a moment to review the illness policies below. Thank you!



FEVER *noun.* An elevation of the normal body temperature.

SIGNS AND SYMPTOMS

- Onset may be abrupt with a shocking chill.
- In general a temperature of 100 degrees, or above shall be considered a fever.
- Sweating flushed face, hot or dry skin.
- Loss of appetite
- Complaint of feeling warm
- Nausea, sometimes vomiting

DISMISSAL AND READMISSION POLICY

A student will be dismissed from school for the following: a fever of 100.0F or higher, the student is too ill or uncomfortable to function adequately in the classroom, excessive coughing or colored drainage from the nose. The student may return when they have been fever-free for 24 hours and he or she is able to attend to classroom activities and assignments, and drainage is clear during the daytime.

COMMON COLD *noun.* An acute infection of the upper respiratory tract, usually lasting five to seven days.

SIGNS AND SYMPTOMS

- Nasal stuffiness, sneezing, and nonproductive cough
- Mild sore throat, enlarged neck glands
- Fever
- Red and watery eyes
- Decreased appetite

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DIARRHEA

SIGNS AND SYMPTOMS

- Watery, copious bowel movements
- Bowel movement may be green in color
- Foul odor

DISMISSAL AND READMISSION POLICY

A student will not be dismissed for one loose stool unless another sign of illness exist. The student must be fever-free for 24 hours. If the diarrhea persists, student must have a written statement from the doctor that no viral, bacterial, or other contagious condition exists.

NAUSEA OR VOMITING (GASTROENTERITIS)

CAUSES, SIGNS AND SYMPTOMS

- Certain viruses (eg Norovirus)
- Certain medications may cause nausea and vomiting
- Upset stomach, dizziness, and anxiety may cause vomiting
- Paleness, abdominal pain may occur with nausea and vomiting



DISMISSAL AND READMISSION POLICY

A student that is vomiting must be dismissed from school, even if they are "feeling better" after vomiting. A student must be vomit-free for 24 hours before returning to school. If a person has repetitive vomiting and diarrhea, Public Health advises staying home for 48 hrs after last episode.