

CANYON CREEK DAY SCHOOL

ILLNESS POLICY

January 2021

Promoting wellness and keeping our students healthy is, and always has been, a top priority at Canyon Creek Day School. Today, more than ever, we will strictly enforce all health guidelines.

General Illness

- Do not send your child to school if they show **ANY** signs of illness.
- Children must be fever-free for 48 hours before returning to school for standard childhood illnesses. Children recovering from any type of stomach flu can return to school 48 hours after they are free of vomiting and/or diarrhea.
- Do not send your child to school on any fever-reducing medication.
- A doctor's note will be required for your child to return to school should they exhibit any symptoms similar to symptoms of COVID-19.
- Children that present with a fever but have non-contagious issues such as ear infections or sinus infections may return to school with a doctor's note after they have been fever-free for 24 hours. If needed, we can administer an antibiotic at school.
- Children that are too sick to go outside are not well enough to be at school. This is a state-mandated rule. You may request that your child sit on a bench outside where they may enjoy a book or toy.

Wellness Recommendations

Promoting wellness is a combined effort of school and home. Please adhere to the following recommendations to assist in our efforts to keep your children well.

- Eating well-balanced meals with plenty of protein helps children maintain focus, provides energy, and helps fight illness.
- Make sure your child gets plenty of sleep. When children do not get 10 to 12 hours of sleep per night, their bodies become run down and susceptible to disease.
- Children should be bathed daily to eliminate germs.
- Children should wear freshly washed clothes each day.
- No toys, trinkets, blankets, or other items will be allowed to be brought from home to school.

After reading this page, please initial here _____

COVID-19 Guidelines

- Typical symptoms of COVID-19 include cough, fever, chills, shortness of breath, sore throat, loss of taste or smell, congestion or runny nose, nausea, and diarrhea. Symptoms may appear 2 to 14 days after exposure to the virus.
- Students and staff will be screened for fever and symptoms of illness. Any child or staff member exhibiting COVID-19 symptoms or a fever of 100 degrees or over will not be allowed to enter the school.
- Any child exhibiting COVID-19 symptoms will be quickly removed from the classroom and will stay in an isolation room. Parents will be notified and must pick up their child immediately.
- Any child or staff member who experiences symptoms of COVID-19 should self-isolate and not return to school until they are symptom-free for at least 72 hours or have tested negative for COVID-19.
- We will notify parents of any case of COVID-19 within the school.
- If a child or staff member tests positive for COVID-19, we will identify individuals who had regular or close contact with the affected person. In some cases, this may necessitate closing a single classroom for one week, possibly ten days. In other cases, it may require closing multiple classes or even the entire school.
- Any child in contact with a person or family member with COVID-19 will be required to remain home for no less than ten days.

I will not hold Canyon Creek Day School responsible or liable should my child contract any illness.

I have read, understand, and agree to the above rules and guidelines. By signing this agreement, I will abide by these rules.

Parent Signature

Date