

# Ocean View School District Student Health Guidelines

Regular school attendance directly contributes to student achievement. Students are encouraged to attend school when feeling well enough to attend and participate in learning activities. Students are also encouraged to stay home when necessary and return when able. The guidelines below will help parents and students know when students are able to attend school. (Revised 1/2024)

When to Come to School	When to Stay Home	When to Return to School
<b>FEVER</b>		
No fever has been present for the past 24 hours and your student is well rested and ready to participate in classroom activities.	Temperature of 100 degrees or more.	May return to school after being fever free for 24 hours without the use of over-the-counter fever reducing medications
<b>COLDS/COUGH/FLU SYMPTOMS</b>		
Coughs that do not disrupt normal activity, there is no wheezing or difficulty breathing, and there is no green mucous discharge from runny nose, and runny nose can easily be managed.	Persistent hacking cough, fever or persistent runny nose with yellow-green mucous discharge.	May return to school once coughing has improved, no difficulty breathing, fever free for 24 hours without the use of fever reducing medication, and runny nose is easily controlled.
<b>RASHES</b>		
A rash that is not inflamed and has no open sores. If your student has a recorded diagnosis of a skin disorder on file with the health office (eczema, dermatitis, acne...etc.) they may come to school.	Unexplained or undiagnosed rash that is red, inflamed, itchy, or with open sores.	May return to school with a note from child's physician which states the cause of rash, and that the rash is not contagious if inflamed or with open sores or rash is improving with no open sores.
<b>VOMITING</b>		
No episodes of vomiting within the last 24 hours, no fever, and student feels well enough to be in school.	Vomited within the last 24 hours.	May return to school 24 hours after the last episode of vomiting, as long as no fever is present.
<b>DIARRHEA</b>		
No episodes of diarrhea within the last 24 hours, student has normal bowel movements and feels well enough to be in school.	Diarrhea within the last 24 hours.	May return to school 24 hours after the last episode of diarrhea, as long as no fever is present.
<b>PINKEYE/EYE IRRITATION</b>		
No recurrent goopy drainage and the eyes are not matted shut in the morning. Red, crusty or weepy eyes in the morning after sleeping can be normal or can be due to allergies.	Red or pink appearance to the white of the eye. A child's eye with itchiness, swollen eyelids crusted /matted eyelashes, excessive watery eyes, or yellow mucous discharge.	May return to school when there is no visible eye discharge, swelling to eyelids, or has note from child's physician stating the child's condition is not contagious.
<b>STOMACHACHE</b>		
A stomachache not accompanied by a fever, vomiting, diarrhea or a painful sore throat.	Significant pain in stomach area and groin that lasts for more than 2 hours. Pain may be continuous or intermittent. Pain that prevents student from comfortably participating in school activities.	May return to school if there is no fever/diarrhea present, symptoms have improved and child feels well enough to participate in daily school activities.
<b>LICE/NITS</b>		
Lice or Dandruff, How do I know? Dandruff will appear as yellow or white flakes of skin. Lice eggs/Nits look like tiny yellow/white eggs in the shape of teardrop. Life lice are darker and the size of sesame seeds and they move.	If student has live adult head lice, they need to remain home for 24 hours and have had one treatment of either over the counter or prescription lice treatments.	May return within 24 hours after completing initial treatment. Upon returning to school, health office will check student before they return to class and monitor condition weekly for the next six weeks.
<b>COVID -19</b>		
No symptoms or positive test with no symptoms (recommend masking for 10 days)	Current fever or fever within the past 24 hours or fever only reduced with fever reducing medication. Symptoms are not improving or not mild	May return when no fever has been present for the past 24 hours without using fever reducing medication AND other symptoms are mild and improving