

OLSS ILLNESS GUIDE

COMMON COLD VIRUSES (Rhinoviruses/Adenovirus): cough, sneezing, congestion/runny nose, sore throat (typically No fever)

ACTION NEEDED TO RETURN TO SCHOOL: If student experiences 2 symptoms on above list, once COVID tested per protocol and negative (2 tests total- 1 at home, 1 at school or by healthcare provider with documentation provided) students can return to school.

SEASONAL ALLERGIES: Sneezing, itchy watery eyes, runny/congested nose (mucus is typically clear/thin), itchy/scratchy throat, post nasal drip that can cause a cough

ACTION NEEDED TO RETURN TO SCHOOL: IF your student has documented allergies from a provider and symptoms are baseline/typical for student, no action is needed other than to continue prescribed medications and allergy plan from your students provider. IF your student does not have documented allergies and has 2 or more symptoms that coincide with the COVID list, testing must be completed prior to return.

COVID: ANY ONE of the following: New onset cough, Shortness of breath, fever over 100, or loss of taste or smell.
ANY TWO of the following: Headache, runny nose/congestion, body aches, chills, diarrhea/nausea/vomiting, sore throat

ACTION NEEDED TO RETURN TO SCHOOL: COVID testing- 2 tests completed at least 24 hours apart, one test completed at school/healthcare provider with documentation of negative test provided prior to return to school.

RSV: Congested/Runny Nose, headache, cough, fever, sore throat, more severe symptoms can include: difficulty breathing, wheezing, and high fever and should be evaluated by a provider immediately.

ACTION NEEDED TO RETURN TO SCHOOL: COVID testing as symptoms overlap, if negative, and symptoms persist, or are severe, follow up with provider for further testing and evaluation ASAP.

Strep Throat: fever, sore throat (sometimes with white patches in back of throat), headache, chills, loss of appetite, swollen lymph nodes, pain when swallowing, nausea and vomiting is sometimes seen in children

ACTION NEEDED TO RETURN TO SCHOOL: If your student is experiencing any of the above symptoms, they will need to be seen by their provider to test for strep and potentially be started on antibiotics. Strep throat is bacterial and will need to be treated to resolve and prevent potential further complications. Students may return once fever free for 24 hours without the use of medication and once they have been on antibiotics for 24hrs.

Flu (Influenza): Fever, headache, chills, fatigue, runny nose, sneezing, cough, body aches, sore throat

ACTION NEEDED TO RETURN TO SCHOOL: If your student is experiencing a combination of any of the above symptoms, please make an appointment with their provider to test for both COVID and flu. While students may access the school for COVID testing, I am unable to complete Flu testing at school. Please provide a doctors note with clearance date for return to school.

Stomach Flu/bug (Rotavirus, Noravirus): Nausea, Vomiting, Diarrhea, sometimes fever

ACTION NEEDED TO RETURN TO SCHOOL: Students must be vomiting/diarrhea free for 24 hours and able to tolerate oral diet prior to return. IF symptoms are accompanied by fever or other symptoms, COVID testing must be completed prior to return.

***Please Note:** This reference guide only provides instruction on common symptoms and requirements to return to school based on Maryland Department of Health guidance on communicable diseases and minimal requirements for return to school. This does NOT replace instructions and guidance by your healthcare provider or doctor. Your doctor may provide additional instructions and notes based on an individuals underlying health conditions and unique situations. Please provide a doctors note when possible/necessary and follow doctors orders for recommendations to return to school and other activities.

****Students who are out for 3 or more days MUST have a doctor's note prior to return for health-related absences per OLSS School Handbook.****