

## OLSS Illness Protocol 2024/2025

Dear OLSS Families,

I hope everyone had a wonderful summer! I wanted to provide a quick reference sheet to families on illness protocol here at OLSS. The last few years have been tough, especially during our colder months with flu and other respiratory illnesses on the rise since 2020. Keeping our students and staff healthy for learning, is of utmost importance to all of us. Most information from the school nurse will come via email, be sure to be checking your emails regularly for updates and important information for your student. Please review the following protocols to assist us in keeping everyone happy and healthy this school year.

If a child is experiencing the following symptoms they should remain home from school. When a student will be absent from school due to an illness, **a parent is required to call or email [schoolnurse@olss.org](mailto:schoolnurse@olss.org) with the nature of the illness by 8:00am.** The school nurse will reach out (typically by email) to update on when the student is clear to return to school.

- **Fever of 100°F or above**-students with a fever **MUST** remain home until they are fever free for 24 hours **without** the use of fever reducing medications
- Nauseated or ill at home before school starts
- **Diarrhea or vomiting**-Students must be diarrhea/vomiting free for 24 hours without the use of medications prior to returning to school **AND** tolerating oral diet.
- **Severe cough**
- **Yellowish, watery or red eyes**-Students diagnosed with pink eye must remain out of school until 24 hours after antibiotics have been started and eyes are not oozing.
- **Difficult or rapid breathing**
- **Severe headache**
- **Head lice**-must be completely lice free before returning to school. The child will have their hair inspected by the school nurse before they are allowed to return to their classroom.
- **Rashes**- student is not to be sent to school unless a physician's statement indicating that the rash is not contagious is sent with the child
- **\*COVID symptoms** (Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea) should remain home and complete a **home COVID test waiting at least 24-48 hours after symptom onset to test.** If negative, they are clear to return to school. If positive- **\*See Respiratory Illness Protocol below.**
- **Step Throat**- Students diagnosed with strep throat are required to be on antibiotics for 24 hours **AND** be fever free for 24 hours prior to return to school.
- **\*Flu**- At least 24 hours after fever has resolved and symptoms improved. Please provide a doctors note with clearance date for return to school. (**\*See Respiratory illness protocol below**)
- **Absences/illnesses for 3 or more days require a physician's note.**

In the event that a child becomes ill at school, the school Nurse or Med Tech will examine them and notify the parents. If the child is experiencing symptoms that require being sent home, **the parent must come to the school asap or within 30 minutes** and transport the child home. In the case of accident or emergency the **parent MUST pick the child up within 30 minutes, or the school will call 911 to have the child transported to the Emergency Room** at Calvert Health Medical Center in Prince Frederick. If you have any health related questions, please reach out to [schoolnurse@olss.org](mailto:schoolnurse@olss.org)

OLSS Respiratory Illness Protocol  
(Includes, but not limited to: COVID-19, Flu, RSV)

The updated guidance from the CDC is to "stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause." You can resume normal activities once symptoms are improving (**symptoms improving means: a significant reduction in symptoms, have a normal appetite, coughing and congestion/runny nose is minimal and well controlled.**) and **you've been fever-free (without the aid of fever-reducing medications) for at least 24 hours.**

**Respiratory Illness Symptoms list:**

- |  |                             |
|--|-----------------------------|
| •Cough                                       | •New loss of taste or smell |
| •Fever OR Chills                             | •Sore throat                |
| •Shortness of breath or difficulty breathing | •Congestion or runny nose   |
| •Fatigue                                     | •Nausea or vomiting         |
| •Muscle or body aches                        | •Diarrhea                   |
| •Headache                                    |                             |

Students and staff who experience a **NEW ONSET** of any combination of the above symptoms that can not be explained by another diagnosis (for example: seasonal allergies, asthma, etc) **MUST** :

- Remain home for **24 hours after symptom onset**
- Complete COVID testing 24-48 hours after symptom onset- **If negative and symptoms improved** (see definition of symptom improved above in red)- Student/staff may return to school.
- **IF symptoms persist**, and COVID testing is negative- Remain home and contact provider for further testing for Flu, RSV, Strep, etc.
- **IF ANY** testing is positive (Flu, COVID, RSV, etc)-Student/Staff **MUST** report the case to [schoolnurse@olsss.org](mailto:schoolnurse@olsss.org) and remain home until fever free for 24 hours without the use of medications **AND symptoms resolving/improved** (see definition of improved in red above).
  - **IF positive and No Fever develops**- students and staff **MUST** remain home for **AT LEAST 24 hours**, have a **significant reduction** in symptoms, have a normal appetite, **coughing and congestion/runny nose is minimal and well controlled.**
  - **For the five days after returning to school students/staff must** wear a well-fitting mask and maintain distance from others. **If your student is unable to properly mask wear, they must remain home for 5 days or until symptoms are completely resolved, whichever comes first.**
  - IF symptoms or fever return, you should start back at step one: staying home and away from others until symptoms improving and fever-free for at least 24 hours.

**\*STUDENTS AND STAFF WHO ARE ABSENT FOR 3 OR MORE DAYS RELATED TO ILLNESS ARE REQUIRED BY ADW TO HAVE A DOCTORS NOTE TO RETURN.\***

\* OLSS Staff will have the right to provide a mask to any student with questionable symptoms\*