

## STAYING HEALTHY AT SCHOOL

Welcome to Perrydale School! You are bringing your child to an excellent school with caring, competent staff.

We want to work with you to help your child stay healthy at school, because healthy students learn better. Here are guidelines from the Department of Education that the school uses to determine when a child should stay home or go home:

### STUDENTS SHOULD BE EXCLUDED FROM SCHOOL FOR THE FOLLOWING:

- **They or anyone in their home or community living space have COVID-19 or COVID-19 symptoms** including; cough, fever (100.4) or chills, shortness of breath, or difficulty breathing. \*NOTE muscle pain, headache, sore throat, new loss of taste or smell, diarrhea, nausea, vomiting, nasal congestion, and runny nose are also symptoms often associated with COVID-19. More information about COVID-19 symptoms is available from the CDC.
- They have a chronic or baseline cough that has worsened or is not well-controlled with medication (not including asthma or allergies)
- They should remain home until **24 after the fever is gone (without use of fever reducing medicine)** and other symptoms are improving.

### OTHER SYMPTOMS TO BE EXCLUDED FROM SCHOOL:

- Vomiting;
- Stiff neck or headache with fever;
- **Any rash with or without fever; Must have physician clearance to return**
- Unusual behavior change, such as irritability, lethargy, or somnolence;
- Jaundice (yellow color or skin or eyes);
- Diarrhea (3 watery or loose stools in one day with or without fever);
- Skin lesions that are “weepy” (fluid or pus-filled);
- Colored drainage from eyes;
- Brown/green drainage from nose with fever of greater than 100.4 F;
- Difficulty breathing or shortness of breath; serious, sustained cough;
- Symptoms or complaints that prevent the student from participating in his/her usual school activities, such as persistent cough, with or without presence of fever, or
- Student requires more care than the school staff can safely provide.

### TAKE EVERYDAY ACTIONS TO STAY HEALTHY:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it OR cough/sneeze into your sleeve – “vampire cough”
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
3. Avoid touching your eyes, nose or mouth. Germs spread that way.
4. Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Students are encouraged to stay home until they are fever/vomit/diarrhea free for **72 hours without medication**.

**To report attendance please call the school office at 503-835-7575 or email [pdattendance@perrydale.k12.or.us](mailto:pdattendance@perrydale.k12.or.us)**