



## 2023-2024 Voyager Academy Sick Child & COVID-19 Guidelines

Voyager Academy follows the NCDHHS Prevention and Control of Reportable Communicable Diseases policy that requires that students MUST stay home from school in cases of certain symptoms and/or reportable communicable diseases.

### **FEVER/DIARRHEA/VOMITING:**

If a student experiences **fever** (temperature above 100.4F), **vomiting**, or **diarrhea** the student MUST remain home and may not return to school until it has been at least 36 hours since the LAST time they experienced an episode of vomiting, diarrhea and/or had a temperature above 100.4F (without medication). Please do not give students fever-reducing medications and then send them to school.

### **MOST COMMON REPORTABLE COMMUNICABLE ILLNESSES IN SCHOOLS & RETURN TIMELINES:**

- **COVID-19:** The school will follow all CDC and NCDHHS guidelines on length of quarantine, required masking period, and return to school timing. *Please see details below.*
- **Influenza (flu):** Student may return to school once they have been \*fever-free without medication for at least 36 hours and they are feeling well enough to participate during school learning.
- **Strep Throat (Streptococcal and Staphylococcus infections):** Student must stay home from school until they have been treated with a prescription antibiotic for 24 hours and have been \*fever-free without medication for at least 36 hours.
- **Conjunctivitis (Pink Eye):** A student exhibiting symptoms of pink eye should be evaluated by their healthcare provider. The student is allowed to return to school after an evaluation and approval of the healthcare provider.
- For additional information on other school reportable illnesses and Student Health & Wellness please refer to the 2023-2024 Voyager Academy Parent Handbook.

\*"Fever-free" is a temperature less than 100.4F without the use of fever-reducing medication like Tylenol or Motrin.

### **COVID-19 GUIDANCE:**

The CDC's Operational Guidance for K-12 schools recommends testing for people with symptoms of COVID-19 as soon as possible after symptoms begin. If a person with COVID-19 symptoms tests negative for COVID-19, they should consider getting tested for other respiratory illnesses that could be spread to others such as RSV and flu. It is the responsibility of the parent to take the child for diagnosis and treatment from a healthcare provider.

Below is the **list of possible COVID-19 symptoms as defined by the CDC and NCDHHS**. Testing is highly recommended for any individual with a known exposure to COVID-19 and/or with any symptoms listed below.

<ul style="list-style-type: none"> <li>● <b>temperature above 100.4F**</b></li> <li>● cough</li> <li>● headache</li> <li>● sore throat</li> <li>● congestion or runny nose</li> </ul>	<ul style="list-style-type: none"> <li>● fatigue, muscle or body aches</li> <li>● <b>nausea or vomiting**</b></li> <li>● <b>diarrhea**</b></li> <li>● shortness of breath or difficulty breathing</li> <li>● new loss of taste or smell</li> </ul>
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### When can my student come back to school?

Scenario	Criteria to return to school
<p><b>**Person has symptoms that include (1) or more of the following:</b></p> <ul style="list-style-type: none"> <li>● fever over 100.4F</li> <li>● vomiting</li> <li>● diarrhea</li> </ul>	<p>The parent/guardian of any student experiencing these symptoms while at school will be notified and asked to pick up their student as soon as possible.</p> <p><b>Person may return to school when:</b></p> <ul style="list-style-type: none"> <li>● It has been <u>at least 36 hours since the LAST time</u> the student experienced an episode of vomiting, diarrhea or had a temperature above 100.4F without fever-reducing medication.</li> </ul>
<p>Person has symptoms of COVID-19 <u>and</u> has tested <b>positive for COVID-19 on an at-home rapid antigen or PCR test.</b></p>	<p><b>Please notify the school. Person may return to school when:</b></p> <ul style="list-style-type: none"> <li>● It has been 5 days after the first day of symptoms <u>AND</u></li> <li>● It has been at least 36 hours since the person had a fever/vomiting/diarrhea (<i>if applicable</i>) without the assistance of medication <u>AND</u> they feel well enough to attend school.</li> <li>● Person <u>MUST</u> wear a mask indoors and outdoors and avoid eating around others for an additional 5 days.</li> <li>● Person is not required to have documentation of a negative COVID test in order to return to school.</li> </ul>
<p>Person has tested <b>positive for COVID-19 on an at-home rapid antigen or PCR test</b>, but the person does <b>not</b> have symptoms.</p>	<p><b>Please notify the school. Person may return to school when:</b></p> <ul style="list-style-type: none"> <li>● Person may return to school 5 days after the date of their first positive test.</li> <li>● Person <u>MUST</u> wear a mask indoors and outdoors and avoid eating around others for an additional 5 days.</li> <li>● Person is not required to have documentation of a negative COVID test in order to return to school after the 5<sup>th</sup> day.</li> </ul>

### Who do I notify about my student's diagnosis/positive test results for reportable illnesses like COVID-19, strep throat, and flu?

- your student's homebase teacher
- the school nurse, Mrs. Skoff [cskoff@voyageracademy.net](mailto:cskoff@voyageracademy.net)
- the front office administrative assistant

### Where can I find COVID-19 tests?

- Free at-home test pick-up locations and On-Site testing can be found here: <https://covid19.ncdhhs.gov/PickUpTests>