



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

UPDATED AS OF 3/18/24

Voyager Academy follows the NCDHHS Prevention and Control of Reportable Communicable Diseases (CDC) 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. *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" means a temperature less than 100.4F without the use of fever-reducing medication like Tylenol or Motrin.

COVID-19 & RESPIRATORY ILLNESS GUIDANCE

The CDC recommends testing for people with symptoms of respiratory illness as soon as possible after symptoms begin. Testing for respiratory viruses can help a person decide what to do next, like getting treatment to reduce risk of severe illness and taking steps to lower chances of spreading the virus to others. It is the responsibility of the parent to take the child for diagnosis and treatment from a healthcare provider.

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Below is the **list of common respiratory illness symptoms, including COVID-19, 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"> ● temperature above 100.4F** ● cough ● headache ● sore throat ● congestion or runny nose 	<ul style="list-style-type: none"> ● fatigue, muscle or body aches ● nausea or vomiting** ● diarrhea** ● shortness of breath or difficulty breathing ● new loss of taste or smell
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When can my student come back to school?

Scenario	Criteria to return to school
<p>**Person has symptoms that include (1) or more of the following:</p> <ul style="list-style-type: none"> ● fever over 100.4F ● vomiting ● diarrhea <p>AND the person has NOT received a formal diagnosis from their healthcare provider</p>	<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>Person may return to school when:</p> <ul style="list-style-type: none"> ● 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.
<p>Person has tested positive for COVID-19 on an at-home rapid antigen or PCR test</p>	<p>Please notify the school. Person may return to school when:</p> <ul style="list-style-type: none"> ● It has been at least 24 hours since the last time the person had a fever and they have not been using fever-reducing medication AND ● Symptoms are getting better overall AND ● The person feels well enough to participate in learning activities <p>PLEASE NOTE - Individuals are still able to spread the virus that made them sick, even after they begin to feel better and return to school. Practicing good hygiene such as covering coughs and sneezes, washing and sanitizing hands often, and wearing a mask are still highly recommended for 5 days after fever ends and symptoms improve.</p>

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
- 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>