

HIGHLAND COMMUNITY UNIT SCHOOL DISTRICT NO. 5

HIGHLAND HIGH SCHOOL – 12760 TROXLER AVE – HIGHLAND, IL 62249

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November 29, 2023

Dear Highland Parents/Guardians,

We hope you're enjoying the end of the term and getting ready for the holidays. The winter season is just around the corner, which often means an increase in sickness. To maintain a safe learning environment, please use the following guidelines to help you determine whether or not your child should come to school or stay home when feeling ill.

Vomiting or Diarrhea

Your child must be free from vomiting and/or diarrhea for 24 hours before returning to school.

Fever

Your child should not be in school if they are experiencing a fever of 100 degrees or higher. They must be fever-free for 24 hours without the use of fever-reducing medications before returning to school.

COVID

The CDC recommends isolating for 5 days and then wearing a mask for 5 additional days. These are simply recommendations, and we cannot enforce them. However, it is *REQUIRED* to be fever-free with symptoms improving before returning to school. There is no need to isolate if your child has been in contact with someone who is COVID positive *AS LONG AS* your child is asymptomatic.

If your child has been prescribed antibiotics for strep throat, they must be given for 24 hours before they can return to school.

ALL medications must have a doctor's order to be given at school, regardless of whether they are prescription or over-the-counter. Medications should only be administered by the school nurse *UNLESS* the doctor indicates in the order that the student can self medicate.

Finally, if your child is evaluated for a medical issue, please provide documentation for attendance and continuity of care.

If you have questions regarding the above information or aren't sure whether your child should come to school, please feel free to contact me. My contact information is below. Thank you for helping decrease the spread of sickness this season.

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Highland High School Nurse
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