

NOTICE TO PARENTS/GUARDIANS

NATCHAUG HOSPITAL CLINICAL DAY TREATMENT SCHOOLS

PLEASE

Keep your child home from School for 24 hours if:

- Running Fever (above 100.0°F) with No Medicine

Keep your child home from School for 48 hours if: Vomiting and/or Diarrhea

- Stay Home when Sick

The Flu can be serious for children & adults of all ages, causing them to miss school, activities, or even be hospitalized. We will keep you updated if changes develop. If symptoms persist or worsen please make an appointment with your healthcare provider to be evaluated.



RETURN TO SCHOOL WHEN:

- If symptoms of Covid-19 please test (Covid-19 Test Kits may be provided by school if needed)
- If Negative test may return to school after no fever for **24 hours** without fever reducing medication.
- If Negative test may return to school after no vomiting or diarrhea for **48 hours**.
- If Positive to COVID-19 (Vaccinated or Not Vaccinated): Must Quarantine for 5 days.
- If exposed to Positive COVID-19 & NO SYMPTOMS: Vaccinated may return to school. Not Vaccinated Isolate & Test on Day 5 If negative return to school
- If exposed to Positive COVID-19 & have symptoms: Vaccinated & Non Vaccinated Must stay home for 5 days.
- May return to school after no fever for 24 hours without fever reducing medication & no diarrhea/vomiting for 48 hours.

EVERYDAY PREVENTATIVE ACTIONS TO STOP THE SPREAD OF GERMS:

- **Wash Hands often with soap & water or hand sanitizer(alcohol base)**
- **Cover coughs with tissue or cough into your sleeve(elbow)**
- **Avoid touching your face (eyes, nose and mouth)**
- **Avoid touching frequently touched areas in public areas (examples: elevator button, hand rails, door handles)**
- **Avoid close contact with sick individuals or those with known exposure to COVID-19**
- **Avoid sharing items (examples: pens, pencils, phones, computers, cups and eating utensil)**
- **Clean & Disinfect frequently touched areas and items**

CHART OF SIGNS & SYMPTOMS OF RESPIRATORY ILLNESS

SIGNS/SYMPTOMS	COVID-19 <i>Symptoms range Mild to Severe (2-14 days after exposure)</i>	COLD <i>Gradual onset of symptoms</i>	FLU <i>Abrupt onset of symptoms</i>	SEASONAL ALLERGIES <i>Abrupt onset of symptoms</i>	ASTHMA <i>Gradual or abrupt onset of symptoms</i>
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several Weeks	Can start quickly or last for hours
Cough	Common (Usually dry)	Common (Mild)	Common (usually dry)	Rare (Usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No	No	No	Common
Shortness of Breath	Common	No**	No**	No**	Common
Chest Tightness/pain	Sometimes	No	No	No	Common
Rapid Breathing	Rare	No	No	No	Common
Sneezing	No	Common	No	Common	No
Nasal congestion or runny nose	Common	Common	Sometimes	Common	No
Sore Throat	Common	Common	Sometimes	Sometimes (usually mild)	No
Fever (100.4 or greater)	Common	Short Fever Period	Common	No	No
Feeling Tired and weak	Common	Sometimes	Common	Sometimes	Sometimes
Headaches (New onset)	Common	Rare	Common	Sometimes (related to sinus pain)	Rare
Body Aches & Pains	Common	Common	Common	No	No
Diarrhea/Nausea/vomiting	Common	Rare	Sometimes	No	No
Chills/repeated shaking	Common	No	Sometimes	No	No
New Loss of Taste or Smell	Common	Rare	Rare	Rare	No

Unusual or Red or Pink Eyes	Sometimes/children	Rare	Rare	Sometimes	No
Unusual Rash/Hives	Sometimes/children	No	Rare	Sometimes	No

**Allergies, colds and flu's can all trigger asthma, which can lead to shortness of breath, COVID-19 is the only one associated with shortness of breath on its own.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease and Prevention edited 8/31/21