



Norwalk Public Schools

Sick Day Guidelines for Parents

School Health Services

To aid in minimizing the spread of illness in school, the following are helpful guidelines to follow when your child is sick and not well enough to participate in school. In response to the COVID-19 Pandemic, prevention and mitigation strategies recommended by the State of Connecticut, Local and State Departments of Public Health and the Centers for Disease Control and Prevention will be maintained in the Norwalk Public Schools. Please refer to the Norwalk Public Schools webpage at www.norwalkps.org for COVID-19 resources and information.

COVID-19 Guidelines

- **If your child or anyone in your household is diagnosed with COVID-19, please notify the School Nurse.**
- **Any student assessed by the School Nurse and identified with signs and symptoms of COVID-19 will be placed in a monitored isolation room and referred to their healthcare provider for COVID-19 testing. A healthcare provider's note or documentation of a negative COVID-19 test will be required to return to school.**
- **In the event of a positive COVID-19 diagnosis, a healthcare provider's note will be required for return to school after the CDC Guidelines for ending isolation have been met.**
- <https://portal.ct.gov/-/media/SDE/COVID-19/Addendum-5-Interim-Guidance-for-Responding-to-COVID-19-Scenarios-in-CT-School-Districts.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

In addition to COVID-19, your child must stay home for:

- A temperature of 100.4 degrees or higher until he/she is fever free for 24 hours without fever reducing medication. Fever is a symptom indicating the presence of an illness.
- Minimum of 5 days after a diagnosis of the Flu;
- Runny nose/sniffles
- An undiagnosed rash;
- Vomiting in the last 24 hours;
- Diarrhea in the last 24 hours;
- A severe cough, and/or chest congestion, a thick or constant nasal discharge, and/or sneezing,
- Chills or general body discomfort that will interfere with your child's ability to participate in his/her school day;
- A severe sore throat, and for 24 hours after the start of antibiotics if diagnosed with strep throat;
- A severe earache with or without fever;
- Pink eye with discharge until 24 hours after the start of antibiotic eye drops;
- Impetigo: Blister-like lesions that develop into crusted sores, generally located around the mouth and nose. Your child must remain home until receiving antibiotics for 24 hours and the sores are no longer draining.
- Ringworm: A fungal infection that causes a flat, red ring-shaped rash which may itch or burn. Your child should remain home until receiving 24 hours of anti-fungal treatment. Lesions are to remain covered in school.
- Chicken Pox: Even if your child has received the chicken pox vaccine, there is still a slight chance he/she may get a mild case. Your child must remain at home until all blisters have scabbed over, generally 5 to 7 days.
- A child's ability to learn and perform in school can depend on how they feel physically. Keeping your child home when he/she is ill not only prevents the spread of illness in the school community, but allows your child an opportunity to rest and recover.

Please be sure that the school has current phone contact information for you and your emergency contacts. If your child becomes sick at school, please have arrangements for your child to be picked up within 30 minutes. Sick children will not be permitted to ride the bus home.

Please contact the school nurse with any questions or concerns. Thank you in advance for your cooperation.

These guidelines are subject to change based on recommendations from the Centers for Disease Control and Prevention, The American Academy of Pediatrics and the Local and State Departments of Public Health.