



## 2023-2024 PINE COBBLE SCHOOL HEALTH GUIDELINES

Every student needs to be able to participate in all aspects of our school day. Therefore, in the best interest of a sick student's health, as well as the health of other students, teachers, and staff, Pine Cobble School has established guidelines for preserving the health and well-being of the PCS community.

If your student exhibits any of the following symptoms, or if your student is obviously ill, please keep your student home.

**FEVER:** A fever of 100 degrees or higher and/or a sore throat, rash, vomiting, cough, diarrhea, earache, irritability, or lethargy.

**DIARRHEA:** Two or more bouts in a 24-hour period, especially if a child appears or acts ill.

**VOMITING:** Two or more times within 24 hours.

**RASH:** Body rash, especially with fever and/or itching. Heat rashes, and allergic reactions are not contagious.

**SORE THROAT:** When accompanied with fever and/or swollen glands in the neck.

**PINK EYE:** Inflammation and redness of the white part of the eye (conjunctiva), swelling of the eyelids, often accompanied by discharge. This can be very contagious.

**LICE:** Children must be lice and nit free.

**APPEARANCE/BEHAVIOR:** If you suspect your student is ill, e.g., unusually tired, pale, lacking appetite, or lethargic, a day of rest at home is often the best medicine.

The Pine Cobble COVID policies are designed to protect students, staff, faculty, and families; as other variants arise, we want to remain flexible and responsive so that we can continue offering our robust academic program in person. To that end, our policies will be updated as needed.

**Should a child appear ill, or become ill at school, we will contact you and request that you pick up your student as soon as possible.**