



Return to Preschool Following COVID-19 Symptoms

Contact Information:

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COVID-19 SYMPTOMS:

If your child has one or more of the following symptoms, your child must stay home:

Fever 100 or above—Chills—Congestion—Runny nose—Sore throat—Fatigue – Cough - Shortness of breath or difficulty breathing—Headache—Nausea—Vomiting—Diarrhea - New loss of taste or smell

To return to school after COVID-19 symptoms, here's what we need:

- A note with a *specific alternate diagnosis* from a health care provider OR
- A negative COVID-19 test
*Find testing sites here: <https://coronavirus.health.ny.gov/find-test-site-near-you>
OR call your child's health care provider OR your local health department
- AND—be fever-free for 24 hours without fever-reducing medication
with symptom improvement per alternate diagnosis (see Non-Covid Exclusion Guidelines on reverse side)
- **We will contact you to confirm we have received the needed documentation.**
Please do not send your child to preschool without confirmation from us that we received the needed documentation.

If you are unable to provide a negative COVID-19 test or a note with an alternate diagnosis from a health care provider:

- Your child must quarantine at home for a full 10 days before returning to preschool.
- A Racker staff member will confirm with you the first day your child may return to school after quarantine.
- Prior to return after quarantine, your child must be fever-free for *72 hours* without use of fever-reducing medication and symptoms must be improving per Non-COVID Exclusion Guidelines (See reverse side).

RACKER
ILLNESS AND EXCLUSION GUIDELINES FOR PARENTS/GUARDIANS AND STAFF

**** NON-COVID****

***PLEASE NOTE:** Beyond the guidelines below, Racker staff has the discretion to exclude a child who is too ill to participate comfortably in activities or requires more care than we can provide. Racker has the right to override a health care provider's note.*

SIGNS & SYMPTOMS	WHAT TO DO	WHAT NEEDS TO BE DONE
**Emergency room visit, surgical/medical hospital, or dental procedure, including in or out patient, or an injury requiring more than first aid sustained at school or home	Keep child home. Child may return to program <u>after</u> note or discharge received from health care provider	A note/discharge from the health care provider that includes diagnosis and any restrictions must be explained for the child to return to program. Need documentation and clarification of ANY restrictions to activities while at school.
EARS		
*Ear Ache	Observe	Watch for fever and other symptoms.
*Ear ache with fever	Keep child home	Call health care provider. May return when symptom free and temperature has been normal for 24 hours without fever reducing medication.
*Runny ears (no tubes)	Keep child home	Call health care provider.
DIARRHEA		
*One or two episodes of loose BM	Observe	Watch for fever, watery BM, and stomach pain.
*More than 2 loose BMs with or without fever	Keep child home	May return 24 hours after last loose BM and a normal temperature without fever reducing medication.
EYES		
*Watery, red/pink eyes	Observe	
*Itching-crusty drainage, yellow-green discharge	Keep child home	Call health care provider.
FEVER		
*98-100.3	Observe	Watch for symptoms
*100.4° F or greater.	Keep child home	May return when temperature has been normal for 24 hours without fever reducing medication.
HEAD LICE		
	Contact child's teacher or social worker.	Once head lice is confirmed, use treatment of choice. Child may return to school after treatment is complete.
RESPIRATORY		
*Runny nose	Observe	Watch for fever and other symptoms.
*Cough	Observe	Watch for frequency and other symptoms.
*Difficulty breathing	Keep child home	Call health care provider immediately.
SKIN		
*Rash	Observe	Watch for other symptoms.
*Rash with fever, sore throat, itching or that increases in severity	Keep child home	May return when temperature has been normal for 24 hours without fever reducing medication. Consult health care provider.
*Diaper rash	Observe	Keep area dry. Use ointment of choice.
*Dry skin sores	Observe	Watch for discharge. Cover sores.
*Skin sores with discharge	Keep child home	Cover sores. Call health care provider. May return when sores are dry or with health care provider's permission.
THROAT		
*Sore throat only	Observe	Watch for fever and other symptoms.
*Sore throat with fever, rash or difficulty swallowing or breathing.	Keep child home	Call health care provider. May return when temperature has been normal for 24 hours without fever reducing medication.
VOMITING		
*One time only	Observe	Watch for fever and other symptoms.
*More than once in 24 hours with or without fever	Keep child home	May return 24 hours after last episode of vomiting and temperature is normal without fever reducing medication.