



January 8th, 2024

Dear Families,

As we start the New Year and the winter season, we want to send out the following reminder of our illness policy, which can also be found in the student handbook in BigSis.

ILLNESS POLICY

Sometimes it can be difficult for a parent to decide whether to send a child to school when they wake up with early symptoms of an illness or complaints that they do not feel well. If you are not sure if your child should come to school, please contact the school nurse at heathoffice@waldorfsaratoga.org.

In the best interest of the child who is sick and out of consideration for the health of others, we ask that you keep your child home if they have any of the following symptoms or diagnoses:

- Individuals with COVID-19 should follow CDC guidelines to avoid transmitting to others – including isolating for 5 days after the onset of symptoms, as well as masking.
- A fever of 100 degrees F or higher. **Children should be fever and symptom free without the use of fever reducing medications for 24 hours before returning to school;**
- Green mucus coming from eyes, ears, nose, or mouth;
- Vomiting or diarrhea within the past 24 hours;
- Weeping, wet poison Ivy – unless it is sufficiently covered;
- Any communicable infection or disease, such as lice, pink eye, strep throat, etc. Please promptly notify the school nurse if your

- child has any such infection, so that potential exposure to classmates can be confidentially assessed;
- Influenza or flu-like symptoms, e.g., aches, fever, coughing, sneezing, headache, nausea;
 - We will notify parents when a communicable infection or disease is reported to us;
 - We encourage all parents to consult their physician with any questions.

The school nurse or office will contact parents immediately if their child becomes ill at school or has an accident. The school must rely upon the phone numbers provided on the Emergency Card, which parents complete with re-enrollment paperwork each year. Please remember to update this form should any of your information (such as address, phone numbers, doctor, etc.) change during the school year.

Warm Regards,
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And
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