





Reminders about School Illness Management

A doctor's note is not required to return to school following a routine and short-term illness, including Covid-19 (short-term may be defined as 1 week or less).

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- Sick students should remain at home.
 - Students may return to school once they are fever-free for at least 24 hours without fever-reducing medications such as Tylenol or Motrin, and other symptoms have improved.
 - If vomiting or diarrhea is present, there should be no new episodes for at least 12 hours.

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- Students should feel well enough to fully participate in school activities.
 - Students may return with a parent's note to excuse the absence (as an illness).
 - Parents should consider having their student seen by their primary doctor if they are running a fever of 100.4 or higher for more than 24 hours, vomiting several times in a 24-hour period or have flu-like symptoms that are not improving after 48-72 hours.*

*Please note that students who have underlying medical conditions or are immunosuppressed may need to seek medical care from their doctor more quickly.

Illness Management Reminders

Pitt County Schools would like to offer the following reminders:

- Sick students should remain at home.
- Students may return to school once they are fever-free for at least 24 hours without fever-reducing medications such as Tylenol or Motrin and other symptoms have improved.
- If vomiting or diarrhea is present, there should be no new episodes for at least 12 hours.
- Students should feel well enough to fully participate in school activities.
- Students may return with a parent's note to excuse the absence (as an illness).

- A doctor's note is **not required** to return to school following a routine and short-term illness, including Covid-19 (*short-term may be defined as 1 week or less*).

- Parents should consider having their student seen by their primary doctor if they are running a fever of 100.4 or higher for more than 24 hours, vomiting several times in a 24-hour period or have flu-like symptoms that are not improving after 48-72 hours.*

- Parents should **only** utilize the Emergency Department for symptoms that require immediate care:

- Fast breathing or working hard to breathe;

- Bluish skin color;

- Not waking up or lethargic;

- Flu-like symptoms that improve but then return with a fever and worse cough;

- Unable to drink or eat;

- Having no tears when crying (symptom of dehydration);

- Fever with a rash. (*Source: CDC.gov*)

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