

Wellness Guidelines

Dear Parents,

We need your help to keep germs and illnesses at Lilliput to a minimum. It is our goal to keep all children safe and to provide an optimal environment for learning. You can help by working with your children at home teaching them how to cover their sneezes, wipe their nose with a tissue and to wash their hands after doing so.

You can also help us by:

- 1. Notifying the school when your child has a contagious condition.**
- 2. When your child is sick, please keep them home.**
- 3. Picking up your child within 30 minutes of being notified by the school that they are sick.**

If your child develops a contagious condition (conjunctivitis/strep throat etc.) please inform the office so we can notify other parents to be on the lookout for similar symptoms. Your child's name will always remain anonymous.

Conjunctivitis (Bacterial Pink Eye): The child must have a doctor's note stating they are being treated for the condition by a doctor and have received 3 doses of medication.

Conjunctivitis (Viral Pink Eye): The child must have a doctor's note saying they are being treated for the condition by a doctor and are symptom free.

Covid-19: 5 days from onset or positive test, be symptom free and test negative on 2 rapids

GI Upset (Vomiting, Diarrhea): One school day after the last vomiting/diarrhea incident as long as no other symptoms are present.

Hand, Foot, and Mouth Disease: Children should stay home while they have HFMD. HFMD is most contagious during the first week of the disease and is spread through blister fluid, saliva and nasal mucus, and feces.

Impetigo: The Child may return after open sores have closed.

Lice: The child's head must be free of lice bugs and lice eggs. The student will need to be checked in the office before re-joining their class.

Molluscum Contagiosum: The area needs to be covered at all times while at school.

Pertussis: The child may return with a doctor's note saying they are being treated and the child has been on antibiotics for at least 5 days and may return on day 6.

Temperature: A child may return 1 school day after the temperature returns to normal without the use of fever reducing medication.

Persistent and Spastic Coughing: The child may return when coughing has subsided to less than 5 coughs per hour.

Rashes: Children should not come to school with rashes that are unexplained or are not being treated by a physician. Students will need a note from their doctor stating the rash is not contagious before returning to school.

Strep throat: The child must have a doctor's note stating they are being treated and can return to school after 48 hours of starting antibiotics and is fever free.

