

## A Note from the School Nurse

Dear fRAMily,

With the colder weather upon us, the health office would like to send out a friendly reminder on what should be done when your child is reported absent from school. Please keep your children home if they are ill, not feeling well or displaying any of the following symptoms:

- Temperature of 100.0 or higher
- Feel feverish, have chills, muscle or body aches, fatigue
- Nausea, vomiting or diarrhea
- Cough, shortness of breath or trouble breathing
- Headaches
- Nasal congestion and Runny nose
- Loss of taste or smell, loss of appetite
- Sore throat

When the decision has been made to keep your child home, please call your Healthcare Provider so they can evaluate your child for possible COVID-19. Your child MUST follow up with a HCP before returning to school

- Please obtain a note confirming an alternative diagnosis and clearance to return to school. This MUST be obtained in order for your child to return, a handwritten note from home is NOT acceptable.

If your child's HCP recommends a COVID-19 test based on symptoms, please keep your child home and isolated until the results are in. **If the test is negative**, and your child's symptoms are improving AND they are fever-free for at least 24 hours without the use of fever reducing medicines, your child may return to school with:

- A note from HCP indicating the test was negative **OR**
- Provide a copy of the negative test result

If your child **tests positive** for COVID-19 the Rensselaer County Department of Health will contact you directly.

To report your child's absence please call the attendance line @ 518-436-8564 or The Elementary Health Office @ 518-396-3484. Documentation can be faxed confidentially to 518-436-4692 or emailed to [arozowicz@rcsd.k12.ny.us](mailto:arozowicz@rcsd.k12.ny.us). Please call the nurse with questions or concerns.

Stay Healthy and Best Wishes,  
Athena Rozowicz, RN  
VRES Nurse