



Dear Parents and Guardians of Cologne Academy,

As winter break starts soon, I wanted to send out a few reminders about the health and wellness of our students as they head into the new year. The Cologne Academy School Board has set specific exclusion guidelines for ill students that the health office follows in order to keep our students healthy:

- **Fevers:** 100° or higher should stay home. Students must be fever-free for 24 hours prior to returning to school. Make sure you are taking their temperature before any medications are given to reduce fever.
- **Vomiting:** If child has vomited in the previous 24 hours, they should stay home from school for 24 hours after their last episode of vomiting.
- **Diarrhea:** If your student has 3+ episodes of diarrhea, they should stay home from school. Students should stay home from school for 24 hours after diarrhea has stopped unless otherwise deemed appropriate by a physician (doctor's note must be provided).
- **Respiratory:** Children with uncontrolled coughing, difficulty breathing, wheezing or any other unusual signs should be excluded from school until a provider has evaluated to rule out severe illness (a doctor's note must be provided). The School Nurse is not allowed to stock any sort of cold medications, including cough drops, unless it is brought in by parents—a permission form must be signed for over the counter medications and a doctor's order must be obtained for prescription medications.
- **Eye:** if a student's eye(s) have visible purulent (pus) drainage, are red in color, or itchy (feel like "sand" is in their eyes) they should be evaluated by a physician before returning to school. If diagnosed with pink eye, they must be on antibiotics for 24 hours prior to returning to school.
- **Sore Throat/Strep Throat:** If your child complains of a sore throat for more than a week, it is recommend to have your child tested for strep throat. If the test is positive for strep throat, they may return to school 24 hours after antibiotic treatment begins as long as they are without fever.

Additionally, when you notify the office of your child's illness, via phone 952.466.2276 or email (frontdesk@cologneacademy.org or nurse@cologneacademy.org), please note the type of illness your child is experiencing. This will help us track the type of illnesses being spread around school in order to provide better communication to families if needed. As always, if you have any questions regarding your child's health and the exclusion guidelines for school, please feel free to contact me. We sincerely appreciate your help in keeping our students healthy and well this winter season.

Have a wonderful winter break!

Sincerely,
Nurse Mary
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