



# Health and Wellness at PBCCS

Communicable disease prevention is of paramount importance to decrease school absenteeism, and to maintain the health of the school population. Efforts in school settings can promote health and prevent disease among students, staff, and surrounding communities.

Please follow these guidelines to help all students stay healthy and ready to learn.

- **Please DO NOT SEND AN ILL STUDENT TO SCHOOL.**
  - Please see the attached matrix for when students should/should not come to school.
- If your student is ill, please CONTACT THE OFFICE.
- Please contact your health care provider about any SERIOUS ILLNESS or if you are worried about your student's health.
- Please notify the school if your child is diagnosed with a CONTAGIOUS DISEASE, including: chickenpox, COVID-19, diphtheria, E. coli diarrhea, hepatitis, measles, mumps, pertussis, rubella, Salmonella, scabies, shigellosis, tuberculosis, or another disease as requested. The school will protect your private information as required by law. [OAR 333- 019-0010; ORS 433.008.]
- Please notify the school if your student requires MEDICATIONS during school hours. (Including cough drops and inhalers)
  - Follow school protocols for medication at school.
- If your student's illness requires antibiotics, the student must have been on antibiotics for at least 24 hours before returning to school, and longer in some cases.
- Please notify the school if your student has a CHRONIC HEALTH CONDITION.
  - We will work with you to address the health condition so that the student can learn.

## PLEASE KEEP ILL STUDENTS OUT OF SCHOOL

The list below gives school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS	THE STUDENT MAY RETURN AFTER... *The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.
Fever: temperature of 100° F (38° C) or greater	Fever-free for 24 hours without taking fever reducing medicine.
Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	Symptom-free for 24 hours or with release orders from a doctor.
Vomiting: one or more episode that is unexplained	Symptom-free for 24 hours or with release orders from a doctor.
Skin rash or open sores	Symptom-free, which means rash is gone OR sores are dry or can be completely covered by a bandage OR with release orders from a doctor.
Red eyes with discharge: yellow or brown drainage from the eyes	Symptom-free, which means redness and discharge are gone OR release orders from a doctor.
Head Lice: Lice or nits (small grayish brown eggs) in the hair	After treatment.

Please note- this list is not all inclusive. Visit [oregon.gov/ode/students-andfamily/healthsafety/documents](https://oregon.gov/ode/students-andfamily/healthsafety/documents) for more information.