



*Saddle River School District - Wandell School*  
*97 East Allendale Road, Saddle River, NJ 07458*  
201.327.0727      [www.wandellschool.org](http://www.wandellschool.org)      Fax: 201.236.8166



September 16, 2022

**RE: Health Guidelines 2022-23**

Dear Parents:

As your child's School Nurse, I would like to remind everyone of some school health guidelines, in order to help keep our students healthy. Please see page 2 of this notification.

Thank you so much for your cooperation and keep this letter for future reference.

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## **2022-23 Health Guidelines**

### **Main reasons for keeping your children home from school are:**

1. If he/she is too sick to be comfortable at school.
2. If he/she might spread a contagious disease to others.

### **The School Doctor states that you must keep your child home if there is:**

1. A Fever of 100 degrees or above.  
*Must be fever free without the use of medication for 24 hours before returning to school.*
2. Vomiting or diarrhea.  
*Must be free of these without the use of medication for 24 hours before returning to school.*
3. An unidentified rash.  
*May return after cause has been identified by MD, and it has been 24 hours after starting treatment, if prescribed.*
4. Redness to the eye(s), especially with crusting and drainage.  
*May return after cause has been identified by MD, and it has been 24 after starting treatment if prescribed and if there is no further drainage.*
5. A persistent sore throat.  
*May return after MD identifies the cause, and it has been 12 hours after starting treatment if Strep Throat has been diagnosed.*
6. Lice.  
*May return after proper treatment, and there are no nits (eggs) or lice present.*  
Children must be brought to the nurse by a parent to be checked by the nurse and cleared to return to school, after either being sent home for lice, or if they are found during non school hours.

### **Updated COVID-19 information from the NJDOH:**

1. Individuals who test positive should stay home for at least 5 full days after symptom onset or if asymptomatic after the positive test (the first day of symptoms is day 0; if asymptomatic, the day the test was performed is day 0).
2. Individuals who have no symptoms or symptoms are resolving after 5 days and are fever-free (without the use of fever-reducing medication) for 24 hours can return to work/school on day 6 AND should wear a mask when around others at home and in public for an additional 5 days.
3. Students and staff exposed to COVID-19 are no longer required to quarantine, regardless of vaccination status.
4. Individual contact tracing investigations are no longer recommended.