

# Northshore Christian Academy

A Ministry of Northshore Christian Church

5700 – 23<sup>rd</sup> Drive West ~ Everett ~ WA ~ 98203

Phone: (425) 407-1119 Fax: (425) 322-2386 [www.nca.school](http://www.nca.school)

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## NCA SICKNESS POLICY

### Please keep your child home for the following symptoms:

- Temperature of 99.8 degrees F or above
- Fever/Chills
- Persistent or uncontrollable cough (advise being evaluated by a Health Care Provider and provide a return to school letter)
- Shortness of breath, difficulty breathing
- Fatigue, muscle aches, body aches
- Persistent stomach aches
- Persistent headache
- Persistent earache (advise being evaluated by a Health Care Provider)
- Loss of taste or smell
- Persistent or worsening sore throat (advise being evaluated by a Health Care Provider)
- Persistent congestion/runny nose
- Unexplained rash or hives (must be evaluated by a Health Care Provider and provide a return to school letter)
- Persistent nausea
- Vomiting\*\*\*
- Diarrhea (If a specific cause of the diarrhea has been diagnosed, they may need to stay out of school longer)\*\*\*

**\*\*\*Students must remain home until they are fever-free, no vomiting, no diarrhea for 24 hours without the use of medications.**

**If diagnosed with influenza by a Health Care Provider**, please let us know so that we can inform other families. Our policy is that students are required to stay home 5 days from their first symptom onset. They may return on day 6, as long as their symptoms are improving, they are fever free without any use of medications for 24hrs, and they can withstand a full day of school. Our bodies use a lot of our stored energy to recover from the infection and this can be a challenge when returning.

**If your child tests positive for COVID**, please let us know so that we can inform other families. Our policy is that students are required to stay home for 5 days from the start of symptoms. This aligns with current DOH guidelines. Symptom onset is day 0. Cleared to return to school day is day 6 as long as symptoms have been improving and are fever free for at least 24 hours without the use of fever-reducing medications.

**If your child is taking antibiotics for a contagious illness, he/she must have taken the medication for at least 24 hours before returning to school.**