



# ST. MARK Catholic School

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Hello ST MARK Parents

The Virginia Department of Health has updated their COVID policies to match the CDC's latest recommendations. COVID-positive cases will now follow our standard respiratory illness policy which states the following:

- Students who are ill or have symptoms of illness should remain home until symptoms are improved and the individual is **fever free for 24 hours without fever-reducing medication**.
- Per the VDH, those who are with symptoms of illness, will follow the VDH guidance found here: <https://www.vdh.virginia.gov/epidemiology/respiratory-diseases-in-virginia/precautions-when-sick/> or the direction of the individual's licensed healthcare provider.
- Those who are formally diagnosed by a healthcare provider (HCP) with an infectious disease will follow the written direction of their HCP.

#### **Guidance for other illnesses is as follows:**

- If a student has vomiting or diarrhea, the student must stay home until symptom-free for **24 hours**. It is recommended that the student is eating normal meals before returning to school.
- If a student has red or pink eyes with discharge or tearing (conjunctivitis), the student must be evaluated by a healthcare provider. If the healthcare provider prescribes eye drops or ointment, the student may return after being on medication for 24 hours AND when the tearing and discharge have stopped.
- If a student is diagnosed with strep throat, they may return to school once they have been on antibiotics for 12 hours, are fever-free without fever-reducing medication for 24 hours AND symptoms are improving.
- If a student has a rash of unknown origin, they will be sent home to have the rash evaluated by a healthcare provider. The student may return to school as directed by the healthcare provider and a note must be provided to the school clinic.

Some illnesses have become more resistant to antibiotics over the past couple of years. If a student is prescribed antibiotics, they should follow the HCP's instructions AND have improved symptoms before returning to school. Please make sure to finish the course of antibiotics so they are fully effective. If you have any questions or concerns, please contact the School Nurse, Erin Philippart RN by email: [ephilippart@stmark.org](mailto:ephilippart@stmark.org) or by phone: 703 766 3444. Thank You!

May God Bless you with good health,

Erin Philippart RN, SMCS School Nurse