



## Joliet Catholic Academy Health Office Illness Protocol

**Covid-** IDPH has changed their guidelines for Covid. It is to be treated the same way as any other virus. If you have a fever, vomiting or diarrhea, please do not return to school until you are 24 hours free from those symptoms without the use of any medication. Treatment for mild covid is Motrin/Tylenol for fever or body aches. They do have an antiviral called Paxlovid and that can be used if caught early enough. If symptoms are severe or worsen, please see your physician asap.

**Influenza** – If you test positive for either Flu A or Flu B, you will need to stay home until you are symptom free for 24 hours without the use of medications. Now, having said this, sometimes you have a lingering cough or respiratory issues that hang around for a while, but you may come to school if your major/acute symptoms have subsided. Treatment for the mild flu is rest, fluids and Motrin/ Tylenol for body aches and fever. Your physician may prescribe an antiviral (Tamiflu) if caught early enough or a steroid if respiratory issues are severe. If symptoms are severe or worsen, please see your physician asap.

**Rotavirus/Norovirus** (also known as the stomach bug)- If you are vomiting or have diarrhea, please stay home until you are a full 24 hours free from both symptoms. This one can be a fast spreader so please don't come back until 24 hours symptom free! Treatment for this is usually rest and electrolyte fluids and the BRAT (bananas, rice applesauce, toast) diet until better.

**Strep Throat** – Strep is a bacterial infection and needs to be treated with an antibiotic. If you are positive for strep throat, you may return to school/work 24 hours after starting your antibiotic. Please do not let Strep go untreated. It can lead to more serious health issues.

**Hand, Foot, and Mouth (HFV)**- This is a virus that becomes a skin rash that is usually seen on the soles of the feet and the palms of the hands and inside the mouth. They resemble small red dots (almost chicken pox like). They are extremely contagious for the first week, so please get clearance from your physician before returning to work/school.

**Conjunctivitis** – AKA “Pink Eye” This is an extremely contagious infection of the eye. Symptoms include eye redness, itchiness and drainage. If you do have pink eye, you must be on an antibiotic eye drop for 24 hours before returning to work or school.

If you are exposed to anyone with the above viruses, just keep an eye on yourself and symptoms. You do not need to immediately stay home because your family member has the flu or covid or stomach bug. Please though be considerate of others around you if you are at work/school and your whole family is home with the flu.

There will always be lots of viruses and infections we all share with each other, but if you do test negative for the above viruses, then odds are it's just another yucky virus or infection. There are a ton of them! What we ask is that if you don't have a fever or severe symptoms that keep you away from work/school, there are ways to prevent the spread of any virus:

1. Wear a mask if you are coughing a lot or feel you might be spreading something you don't want to
2. The health office has cough drops and lots of meds you may need if you don't have any on your own.
3. Drink lots of fluids (I know, hard, but the more you drink, the more you flush the yuck out!)
4. Rest when you are home (Easier said than done but do your best. Our bodies heal when we sleep!)
5. Vitamin C and Vitamin D and Zinc are crucial for the immune system! Grab some vitamins, get some sunshine, drink OJ.

The health office is open Monday- Friday 8am-2:30pm for any student or staff member. Please don't hesitate to come see us for any of your health needs.

Blessings,

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