

2021-22 WDMCS Health Guidelines

Illness at School and When to Keep Your Child At Home

School nurses play a critical role in maintaining the health and safety of schools. West Des Moines Community Schools (WDMCS) collaborates with the Iowa Department of Public Health (IDPH), Polk County Public Health Department (PCHD), and local health care professionals to provide guidelines that identify when it is safe for children to attend school.

When to Stay or Go Home

- Fever over 100.4
- headache
- **new** cough
- muscle aches/body aches
- shortness of breath or difficulty breathing
- **new** loss of taste or smell
- fatigue
- sore throat
- runny nose
- vomiting
- diarrhea

COVID-19 Guidelines

WDMCS strongly encourages families to follow the current Centers for Disease Control (CDC) guidance which recommends all individuals — both vaccinated and unvaccinated — wear face masks indoors. WDMCS recognizes the Iowa Legislature's HF 847, which prohibits public school districts from requiring anyone to wear a face mask on school property.



If your student/family has a **confirmed COVID-19 case or possible COVID-19 exposure**:

- Contact your school nurse for guidance.
- View the [WDMCS COVID-19 flowchart](#) for more information.

Fully vaccinated individuals with COVID-19 symptoms should:

- Stay home.
- Get evaluated by a health care provider.
- Get tested for COVID-19.
- View the [WDMCS COVID-19 flowchart](#) for more information.

Students with a positive COVID-19 test result:

- Must stay home until no longer infectious.
- Can return to normal activities:
 - 10 days after symptoms first appeared **AND**
 - After 24 hours without fever with no fever-reducing medications **AND**
 - When symptoms of COVID-19 are improving.
 - This does not include loss of taste/smell, which may persist after recovery.

General Illness Guidelines



If your student is ill, contact your school nurse prior to returning to school. Further guidance or clearance from a health care provider may be necessary before they can return to the classroom.

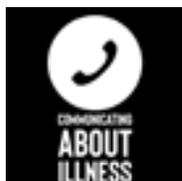
Students with a diagnosed illness **other than COVID-19** may return to school:

- After 24 hours without fever with no fever-reducing medications **AND**
- Other symptoms are improving.

Students with the following symptoms must **remain home or be sent home** from school:

- Fever, vomiting, or diarrhea in the last 24 hours.
- Persistent nasal congestion, reddened eyes, sore throat, persistent cough, or headaches.
- Unexplained and/or undiagnosed skin rashes.
- Any other health condition that may impact the health and well-being of the student and others, as determined by the school nurse.

Communicating About Illness



To minimize the spread of illness, report contagious diseases to the school nurse.

- Contagious diseases: COVID-19, influenza, measles, whooping cough, hepatitis A, tuberculosis, chickenpox, etc.

The school nurse or another school representative will contact you if your child becomes ill or seriously injured at school.

- It is very important to provide an emergency contact and keep it updated throughout the year. If a parent/guardian cannot be reached, other individuals listed on the emergency form will be contacted.
- Students **must** be picked up within one hour after being contacted unless arrangements have been made with the school nurse or administrator.

Questions? Contact your school nurse.

