



BEDFORD CENTRAL SCHOOL DISTRICT  
**School Health Services**  
THE FOX LANE CAMPUS, P.O. BOX 180  
MOUNT KISCO, NEW YORK 10549  
914-241-6000

Dr. Joel Adelberg  
Superintendent of Schools

Dr. Louis Corsaro  
Medical Director

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**YOUR CHILD MUST STAY HOME IF THEY HAVE the Symptoms Listed Below:**

**Call your child's healthcare provider to discuss testing for COVID-19.**

- Fever of 100 degrees or higher and/or chills
- Cough (that cannot be controlled)
- Shortness of breath/difficulty breathing,
- Loss of taste or smell (new & unexplained)
- Fatigue
- Muscle or Body Aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Rash
- Swelling of feet or hands
- Abdominal pain
- Red or bumpy tongue that looks like a strawberry
- Redness of eyes
- **Student has been in close contact with a person who has a confirmed positive COVID-19**
- **Student has been given a fever-reducing medication within the last 24 hours**

COVID-19 symptoms may occur 2-14 days after exposure to the virus. MIS-C (Multi Inflammatory Syndrome in Children) can begin after an infection of COVID-19.

**The School Nurse NEEDS TO KNOW ABOUT:**

- **A positive diagnosis of COVID-19 for your child, family or close contacts.**
- Out of State travel to [Restricted States](#) or Out of Country travel in the past 2 weeks.
- Strep Throat (must be on an antibiotic for at least 24 hours before returning to school).
- Pink Eye/Conjunctivitis (must be on antibiotics for 24 hours before returning to school).
- Active or live head lice (must be treated at home & checked by Nurse upon return to school).
- Flu, diabetes, heart disease, seizures, Lyme disease, strep throat, pink eye, hospitalizations.
- Allergies
- Broken Bones
- Sprained ankle, knee, wrist or fingers.
- Concussions (any head injuries).
- Cuts/lacerations with stitches or staples.

**Healthcare Provider's orders are required for any medication sent to school.** Medications must be brought by an adult to the Health Office and given to the School Nurse. Medications will be kept in the Health Office unless the doctor, parent **and** the school nurse have signed approval for self-carry.

Please send in **Healthcare Provider notes related to returning to school or activity restrictions.**



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**Your Child May RETURN TO SCHOOL:**

1. If UNTESTED for COVID-19 because the Healthcare Provider determined testing was not necessary but the student experienced symptoms.
  - It has been at least 24 hours without a fever and no fever-reducing medications
  - Other symptoms have improved.
  - At least 10 calendar days have passed since symptoms appeared.

Student may return sooner if they have a **negative test result and/or a physician note** stating they do NOT have COVID-19 and can return to school.

2. IF TESTED or DIAGNOSED by Healthcare Provider as POSITIVE for COVID-19:
  - It has been at least 10 days since symptoms appeared.
  - It has been 24 hours without a fever and without fever reducing medications.
  - It has been 3 days since the symptoms have improved.
  - A healthcare provider note that states they can return to school.
3. If NEGATIVE for COVID-19
  - Student must remain home for 24 hours symptom-free without the use of fever-reducing medication.
  - Healthcare provider note states they can return to school.
4. If notified to SELF-QUARANTINE due to close exposure to a confirmed case of COVID-19 person.
  - Stay home and monitor symptoms for 14 days from known exposure.
  - It is recommended to have a COVID test after 4-5 days but a negative test does NOT end the quarantine period early.
  - Healthcare provider note that states they can return to school
5. When a 14 Day QUARANTINE ends without illness after Out-of-State Travel to Restricted States and Out of Country Travel.

**A child may NOT return to school if they have taken any fever-reducing medications (ie: Tylenol/Acetaminophen, Motrin/Ibuprofen) within the past 24 hours!**