Harbor Springs Public Schools
Excellence in Character
Excellence in Education

September 29, 2025

Dear Harbor Springs Families,

As we approach cold and flu season, we want to ensure parents and guardians know when to keep students home from school.

Many illnesses do not require students to be kept out of school. However, students should stay home if the illness prevents the student from participating comfortably in school activities or if there is a risk of spreading harmful disease to others. You will find a list below for some of the reasons why a student should stay home from school.

- ***Severe illness***: This may include symptoms such as severe fatigue, unresponsiveness, difficulty breathing or a rapidly spreading rash. Urgent medical attention would be encouraged.
- ***Fever*** - A temperature of 101℉ or higher AND other symptoms, such as sore throat, rash, vomiting or diarrhea.
- ***Diarrhea***: A child who has two or more loose or watery stools. Exception: A health care provider has determined the diarrhea is not due to an infectious condition.
- ***Vomiting***: A child who has vomited two or more times. Exception: A health care provider has determined the vomiting is not due to an infectious condition.
- ***Rash***: A child with a rash AND a fever OR a change in behavior.
  Note: Rapidly spreading bruising or small blood spots under the skin need immediate medical attention.
- ***Skin sores***: A child with weeping sores on an exposed area that cannot be covered with waterproof dressing.

In order to return to school, students should be:

- Free from fever for 24 hours without the use of fever reducing medication
- Free from diarrhea for 24 hours
- Free from vomiting for 24 hours

This intended to be a brief overview, please follow the recommendations from your child's healthcare provider for their specific diagnosis. If your child has been diagnosed with a communicable disease (such as, but not limited to, COVID19, Influenza, Measles, Lice, Chicken Pox, etc.) or is missing school due to vomiting, diarrhea, fever, rash or sore throat, please notify the school.

Please encourage your student to engage in infection reducing habits, such as:

- Frequent handwashing with warm water and soap for at least 20 seconds or using hand sanitizer if handwashing is not an option,
- Avoid touching eyes, nose or mouth with unwashed hands,
- Avoid sharing cups and utensils, and
- Coughing/sneezing into a tissue or their elbow

Starting with the 2025-2026 school year, students may receive certain over the counter medications from the nurse at school after an assessment, such as Tylenol, Motrin, Tums, hydrocortisone cream and cough drops, to help with minor issues during the school day. If you are interested in this service, please review and complete the "Non-prescription Medication Authorization" form.

As always, please see your child's health care provider regularly for all important health screening and health maintenance. Please feel free to reach out with any questions or concerns. I can be reached at jwedge@harborps.org or by phone at 231-526-4751.

Kindly,

Jennifer Wedge, MSN, RN, ACNP-BC
School Nurse

**Recommendations adapted from Managing Communicable Diseases in Schools, Version 9.0 (September 2025) from the Michigan Department of Education and the Michigan Department of Health and Human Services.*