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To Parents/Guardians:

As you know this time of year, many different germs surface and spread rapidly through the community. Sometimes it can be difficult for a parent to decide whether to send children to school when they wake up with symptoms of an illness or complaints that they do not feel well. The following are a few situations that warrant keeping your child home, monitoring and possibly calling your health care provider:

- Fever greater than 100°
- Vomiting and/or diarrhea within the last 24 hours
- Severe sore throat along with fever and feeling ill for more than 48 hours, or after exposure to Strep throat infection
- Cough that makes a child feel uncomfortable or disrupts the class
- Honey-crusted sores around the nose or mouth or rash on other body parts, especially if accompanied by a fever or feeling ill
- Discharge/crusting of eyelids or lashes, especially in the morning
- Large amounts of mucous (liquid) from their nose, with face pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever

Children must be fever free (<100 F) without the use of Tylenol or Motrin for 24 hours prior to returning to school and they must complete 24 hours of antibiotics when diagnosed with a bacterial infection. Please do not send a feverish child to school with fever-reducing medicine because as soon as the medicine wears off, the fever may return and you will be called to come and pick up your child.

Remind children to wash hands often with soap and warm water, throw away used tissues, cover their mouths when they cough or sneeze and keep their hands away from their face. These practices will help keep everyone healthier.

Common Illnesses

Flu: Sudden onset of tiredness; fever; headache; dry cough; sore throat; runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.

Strep throat: Throat pain; difficulty swallowing; red and swollen tonsils (sometimes with white patches or streaks of pus); tiny red spots on the soft or hard palate (the area at the back of the roof of the mouth); swollen, tender lymph glands (nodes) in your neck; fever; headache; rash; stomachache and sometimes vomiting (especially in younger children)

RSV: Symptoms appear within 4 to 6 days after getting infected. Symptoms of RSV infection usually include: runny nose; decrease in appetite; coughing; sneezing; fever; wheezing. These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties. Almost all children will have had an RSV infection by their second birthday.

Coronavirus: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Possible symptoms include: fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea.

Norovirus: Acute-onset of vomiting; diarrhea with abdominal cramps, nausea; low-grade fever, headaches and body aches.

Please call your schools health office with any questions.