

Harvest Christian Academy

Health Plan Guidelines

In our commitment to provide our families with the best possible action plan when contending with an illness, the HCA medical team has put into place the following reminders and guidelines:

- Wash your hands often.
- Cover your cough or sneeze.
- Clean frequently touched objects and surfaces such as notebooks and lunch bags.
- Monitor your health daily and report suspected illness promptly.

Healthy Tips from the School Nurse:

“Put color on your plate!” Colorful fruits and vegetables are full of essential minerals, such as Vitamin C, and antioxidants.

“Hydrate, hydrate, hydrate!” Aim for 64 oz of water a day to keep the body primed to flush out toxins.

“Get moving!” A body in motion stays in motion! **Bonus tip:** Take it outside!

“Find your joy!” Laughter works wonders for decreasing stress and making a heart happy!

“Recharge your battery!” Sleep is your body's reset button. 7 to 9 hours of sleep is great!

General Health Guidelines:

Description of Illness	Symptoms	Action Plan	Return to School Plan
One or two mild symptoms	Student exhibits the following mild symptoms: headache, stuffy nose, sore throat, mild stomachache, fatigue, and/or temperature <u>less than</u> 100 degrees without the use of medications.	1) If student is at home, they will have one day for every day absent to make up schoolwork if they decide to stay home. 2) If a student is on campus, and exhibits one or two mild symptoms listed, he/she will be evaluated, and a parent will receive an email explaining symptoms & the actions taken.	If student does not shift into a higher degree of illness, he/she can remain in school without requiring a physician's note.
A temperature greater than 100 degrees AND/OR any of the listed symptoms	Student exhibits nausea with vomiting or diarrhea, and/or has a temperature <u>greater than</u> 100 degrees.	1) If student is on campus, he/she will be seen in the HCA Clinic. Parents will be contacted to pick up the student. 2) If student is at home student must follow <i>Return to School Plan</i> .	Student will not be allowed to return to school until symptom-free for 24-48 hours and w/o the use of illness reducing medications for at least 24 hrs prior to return – OR – a physician's note stating student is in good health and may return to school.

Please Note: The details in this document are subject to change as HCA receives guidance from state and local authorities or as conditions change.



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225 Keller Parkway, Keller, Texas 76248
Mailing Address: P.O. Box 508, Keller, Texas 76244

817-485-1660 • www.hcasaints.org