

## FEELING UNWELL?? HERE'S WHAT TO DO...

*\* This list is for Neurotherapeutic Pediatric Therapies & Medford Children's Therapy Clinics, and not medical advice. Please contact your health care provider with health concerns.\**

SYMPTOMS OF ILLNESS	YOU MAY RETURN WHEN...
	*The list below tells the <u>shortest</u> time to stay home. You may need to stay home longer for some illnesses.
<b>Fever:</b> temperature of 100.4°F (38°C) or greater	<b>*Fever-free for 24 hours</b> without taking fever-reducing medicine.
New <b>cough, runny nose, sinus congestion, or sore throat</b>	<b>* Symptoms improving for 24 hours, OR</b> with orders from your doctor. If returning before symptoms are fully resolved, a mask should be worn while indoors.
New <b>difficulty breathing</b>	<b>* Symptoms improving for 24 hours</b> (breathing comfortably). <b><i>Urgent medical care may be needed.</i></b>
<b>Positive COVID Test</b>	<p><b>*On day 6 or later</b> from when symptoms first began, and <b>continue to mask through day 10</b>. Please go to an independent space if you must remove your mask for activities such as eating.</p> <p><i>*Note: People with a known COVID exposure but without symptoms or a positive test are welcome in our clinics, but are encouraged to monitor for symptoms as listed above.</i></p>
<b>Vomiting:</b> one or more episode that is unexplained	<b>*Symptom-free for 24 hours OR</b> with orders from your doctor.
<b>Diarrhea:</b> 3 loose or watery stools in a day <b>OR</b> not able to control bowel movements	<b>*Symptoms improving for 24 hours</b> (no more than two bowel movements more than normal and no longer having accidents) <b>OR</b> with orders from your doctor.

<b>Headache with stiff neck and fever</b>	<b>*Symptom-free OR</b> with orders from your doctor. Follow fever instructions above. <b><i>Urgent medical care may be needed.</i></b>
<b>Skin rash or open sores</b>	<b>*Symptom-free</b> , which means rash is gone <b>OR</b> sores are dry or can be completely covered by a bandage <b>OR</b> with orders from your doctor.
<b>Lice, scabies, or other contagious skin conditions</b>	<b>*Symptom-free AND following the completion of effective treatment.</b>
<b>Red eyes with colored drainage</b>	<b>*Symptom-free</b> , which means redness and drainage are gone <b>OR</b> with orders from your doctor.
<b>Excessive exhaustion or fatigue that limits participation</b>	<b>*Symptom-free</b> , which means return to normal energy level <b>OR</b> with orders from your doctor.
<b>Major health event</b> , like an illness lasting 2 or more weeks, a serious injury, OR a hospital stay	<b>*After we have orders from your doctor AND</b> measures are in place for safe participation while in our clinic. Please work with your provider to discuss any special health-care needs that may impact your session.