

HEALTH TIPS FROM THE RHC

What can you do to keep your KIPPster healthy?

Encourage handwashing, nose-blowing, and covering mouths for coughs/sneezes. The COVID and Flu Vaccines are pediatrician-recommended, safe, and effective. Your KIPPster can even receive vaccines at the Rales Health Center, if you'd like. Call us 410-291-2570 to schedule an appointment!

Not sure if your KIPPster should stay home?

Keep them home for: temperature 100 °F or higher, two or more episodes of vomiting in 24 hours, uncontrollable diarrhea, and/or based on your doctor's advice.

Keeping your KIPPster home due to illness?

Please message their teacher AND send an email to attendance@kippbaltimore.org

When can your KIPPster return to school?

Keep your KIPPster home until they are fever-free and vomit-free for 24 hours without the use of medication. They should also be feeling better and ready to learn. If your KIPPster was prescribed medication for their illness, call us 410-291-2570 to confirm a return date.

Respiratory Virus Guidance Snapshot



Core Prevention Strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional Prevention Strategies

Masks



Distancing



Tests



*Stay home and away from others until,



and



Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs



Then take added precaution for the next 5 days



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering