GVHSA Illness Policy

To help protect the health of our co-op families, **the entire household should stay home** if any household member is experiencing a contagious illness or any of the following symptoms or conditions:

- Fever of **100.4°F or higher**
- Vomiting or diarrhea within the last 48 hours
- **Excessive or persistent cough**
- Known contagious illness or infection
- **COVID-19 or influenza (flu)**
- Strep throat
- Pink eye with drainage
- Impetigo or other contagious skin infection
- Unexplained rash accompanied by illness or fever
- Head lice
- Chickenpox, whooping cough, measles, mumps, scarlet fever, or another contagious childhood illness

Returning to Co-op

Families may return when the sick household member has been **free of illness symptoms for at least 48 hours**, including **no fever without fever-reducing medication and no vomiting or diarrhea**. Mild or lingering symptoms may be considered under the case-by-case guidance below.

For illnesses requiring antibiotics, such as strep throat or certain bacterial infections, the individual should have received antibiotics for at least 24 hours and be well enough to participate before the family returns. Follow any additional illness-specific return instructions from a healthcare provider.

Medication

Medication should not be used to mask symptoms in order to attend co-op. If medication is necessary to suppress a fever or significant illness symptoms so that a child or adult can participate, the family should remain home.

Medication used for non-contagious conditions, such as allergies, asthma, or routine prescribed medications, is not considered masking an illness.

Mild or Lingering Symptoms

We understand that some symptoms, particularly coughs, can linger after an illness. **Lingering coughs will be considered on a case-by-case basis.**

An occasional or lingering cough, mild runny nose, or other minor symptom without fever or additional signs of illness does not automatically require a family to stay home. However, an excessive, persistent, or worsening cough, especially when accompanied by other symptoms of illness, is reason to remain home.

Parents are asked to use good judgment and consideration for other families. If there is uncertainty about whether a lingering cough is appropriate for attendance, please reach out to a board member before co-op.

If Someone Becomes Sick at Co-op

If someone comes to co-op sick or becomes sick during the day, the board will use its best judgment to decide whether the family must go home.

Thank you for helping care for our co-op community. **When in doubt, please stay home and allow time for recovery.**