

**March 3, 2021**

To All the Multi-Cultural Families of children for In-Person classes

Policy about Runny noses and Staying at home:

Dear parents, as the weather is changing and we are approaching allergy season, we are experiencing more and more children with runny noses.

I understand it can be upsetting to have to keep your child for 10 days, just for a runny nose.

I decided to call the Sonoma County Department of health, to talk to a nurse from the Covid-19 area.

This is what she told me:

*“To summarize our conversation about allergies: our recommendation would be to make an informed choice with discretion on a case-by-case basis. So for example, if the child in question usually experiences seasonal allergies and their symptoms match up with expected allergy symptoms, and if their symptoms are resolved by taking usual allergy medications, then some exceptions to the 10-day isolation can be made. However, if the child has other COVID-19 symptoms in addition to the runny nose, or they don’t usually have allergies or a runny nose, or the runny nose fluid is not clear, then we recommend they stay home, monitor and consider testing.”*

**Kira (Aleah) Ockenden, RN**

*Disease Control and Surveillance, COVID Response*

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What this means is, if your child has runny nose, a school’s staff (usually the office staff) will ask you if your child has any other symptoms, if he/she doesn’t have any other symptoms, he/she could stay at the school; but if the child exhibits any other symptoms, and/or the runny nose is heavy or has a deeper color, then, that child should stay home for 10 days.

I hope this clarifies your concerns.