

**GENERAL GUIDELINES FOR KEEPING CHILDREN HOME FROM SCHOOL DUE TO ILLNESS OR COMMUNICABLE DISEASE**

<b>Disease</b>	<b>Symptoms</b>	<b>Communicable</b>	<b>Control Measures</b>	<b>Other Information</b>
Chicken Pox (Varicella)	Skin rash which progressed to blisters, then scabs. All three stages may be present simultaneously. Slight fever and malaise are typical.	1-2 days before rash appears, through maximum of 6 days after appearance of vesicles.	Exclude until the 6 <sup>th</sup> day after onset of rash, or until all lesions (sores) are dry.	Varicella vaccine available. Reactivating the virus results in shingles.
Common Cold	Sore throat, watery discharge from nose and eyes, sneezing, fever, chills, generalized discomfort.	24 hours before onset of symptoms through 5 days after onset.	Exclude child with fever and those who feel ill. Exclusion not practical unless fever is present and child feels ill.	Medical care is recommended if symptoms persist, fever develops, or discharge becomes yellow to green.
Conjunctivitis (Pink eye)	Redness of eye or eyelid, thick and purulent (pus) discharge, matted eyelashes, burning, itching or eye pain.	Until 24 hours of antibiotic treatment is completed.	Exclude those with purulent eye discharge, or eye pain, or eyelid redness or fever until after 24 hours of treatment with an antibiotic.	Utilize good hand washing techniques.
Fever	Temperature of 100 degrees Fahrenheit or greater (or 1-2 degrees above the child's normal temperature).		Remain home until no fever is present for 24 hours.	Fever is a symptom indicating the presence of an illness.
Fifth Disease	Bright red rash, usually beginning on face; "slapped cheek" appearance. Spreads to trunk and extremities, clears centrally, looking "lacy".	Up to 5 days prior to, and to a lesser extent, for 2 days after appearance of rash.	Exclusion not appropriate once diagnosis is known, unless child has a fever or is uncomfortable.	Rash generally clears in one week, but can recur if person gets warm, upset, ect. for up to one month.
Flu (Influenza)	Abrupt onset of fever, chills, headache, sore muscles. Runny nose, sore throat, and cough also common.	24 hours prior to onset of symptoms through 3 days after onset.	Exclude children with fever and those who feel ill. Exclusion otherwise is impractical.	Influenza vaccine is recommended for all children 6-23 months of age; persons 2 years and older who have high risk of complications due to medical conditions; and all adults in child care settings.
Hand, Foot and Mouth Disease (Coxsackie Virus)	Raised rash, particularly on palms, soles, and area surrounding mouth. Progresses to blisters, then scabs. Also causes sores inside mouth, making swallowing painful.	For about a month because virus is found in the stool. Oral secretions are infectious while sores are present.	Exclusion is recommended if children have blisters in their mouths and drool or have weeping lesions on their hands, or are too ill to participate in daily activities.	Wash and disinfect/sanitize, or discard articles soiled with nose, throat or fecal discharge. Good hand washing is important.
Head Lice (Pediculosis)	Itching, irritation of scalp, feeling of something moving in the hair and sores on the head caused by scratching. White to yellow-brown nits (eggs) attached very firmly to hair and are most commonly found at the nape of the neck, crown of the head and above the ears.	As long as lice remain alive on the infested person or on objects. Head lice survive 24-48 hours off of host.	Excluded from school until application of an effective pediculocide, and until <b>all</b> nits have been removed.	The school nurse must check your child before returning to school. School policy allows 3 (three) consecutive days of excused absences, if needed.

**CONSULT YOUR PHYSICIAN FOR THE MOST ACCURATE DIAGNOSIS AND TREATMENT**

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Impetigo	Blister like, pus-filled bumps which progress to yellowish crusted, painless sores with irregular outlines.	As long as drainage is present.	Exclude until 24 hours after treatment has begun and all lesions (sores) are dry.	Itching is common. Usually found on exposed skin areas and around the nose/mouth.
Mononucleosis	Fever, sore throat, swollen lymph nodes (glands), fatigue, headache. Occasional abdominal pain or respiratory distress.	Unknown, may shed virus for many months with no symptoms.	May return when feeling well.	Good hand washing important.
Pain (persistent)	A feeling of distress, suffering or agony.		Have child checked by a doctor <b><u>BEFORE</u></b> sending to school.	Persistent pain can be a warning that early tissue damage is taking place somewhere in the body.
Poison Ivy/Oak/Sumac	Red, uncomfortable, itchy rash often shows up in lines or streaks and is marked by blisters or hives.	May appear a few hours to days after exposure.	Exclusion not necessary unless child is uncomfortable.	Contents of blisters and weepy skin CANNOT cause rash in other individuals or even in other locations on oneself.
Ringworm (of skin)	Flat, ring-like rash, inflamed, may itch or burn.	As long as lesions are present.	Exclude until 24 hours of appropriate treatment completed.	Avoid swimming and exclude from contact sports until lesions are gone to prevent spread.
Scabies (Parasitic disease caused by mite)	Papules (bumps), vesicles, or tiny linear burrows. Intense itching, especially at night.	From beginning of infestation through completion of treatment.	Exclude for 24 hours following treatment with an appropriate scabicide.	Lesions often found in space between fingers, waistline, elbows, armpits and genital area.
Skin Rash			Rash of unknown origin should be evaluated by a doctor <b><u>BEFORE</u></b> sending to school.	
Strep Throat/Scarlet Fever	<u>Strep Throat</u> - Fever, red throat with pus spots, tender and swollen lymph nodes (glands). <u>Scarlet Fever</u> – all of above, plus sandpaper-like rash on skin and inside of mouth, “strawberry tongue”.	Until 24 hours of appropriate antibiotic therapy completed.	Exclude until 24 hours of antibiotic therapy is completed.	Early diagnosis and treatment are essential in preventing serious complications.
Vomiting/Diarrhea (Intestinal viral infections)	Stomach ache, cramping, nausea, vomiting and/or diarrhea, possible fever, headache and body aches.	1-2 days following infection with the virus, and may last from 1 to 10 days (depending on which virus causes the illness).	Exclude until no vomiting, diarrhea, or fever for a full 24 hours.	If symptoms are present during the night, do not send child to school the next day.

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