



GENERAL GUIDELINES ON WHEN TO KEEP YOUR CHILD AT HOME

There are three reasons to keep sick children at home:

1. When your child has a contagious or communicable disease.
2. When your child is exhibiting any of the signs or symptoms listed below or has an illness for which temporary exclusion is recommended for the health and safety of your child as well as other children.
3. When your child does not feel well enough to comfortably participate in their normal school activities.

Guidelines for when to exclude a student from school due to symptoms or illness include but are not limited to:

| Symptom | Child must be at home? |
|---|---|
| Fever: A fever is noted with a temperature of 100.4° F or greater | YES –The student should be fever free, without the use of fever-reducing medicines for 24 hours before returning to school and be well enough to participate in normal school activities. |
| Flu Symptoms: Fever over 100.4° F or greater with cough and/or sore throat. Other flu symptoms can include fatigue, body aches, chills, loss of appetite. | YES – for at least 24 hours after there is no longer a fever, without the use of fever-reducing medicines and symptoms are improving. Students should be well enough to participate in normal school activities. |
| Mild Upper Respiratory or Cold Symptoms: Stuffy nose with clear drainage, sneezing, mild cough; no temperature elevation. | NO – may attend if well enough to participate in school activities. If symptoms get worse or not improved with home or over the counter treatments, contact your healthcare provider. |
| Vomiting: Two or more episodes of vomiting in the past 24 hours. | YES – if vomited more than 2 times in 24 hours unless there is a documented underlying medical condition. Student excluded from school until vomiting resolves (no further vomiting for 24 hours and is well enough to participate in normal school activities. |
| Diarrhea: Frequent, loose or watery stools compared to child's normal pattern; not caused by diet or medication | YES – if the child looks or acts ill; if the child has diarrhea with a fever (temperature of 100.4° F or greater); if child has diarrhea and vomiting. Student excluded from school until well enough to participate in normal school activities and stool frequency is no more than 2 stools above normal frequency and symptoms improving/resolved |

| | |
|--|---|
| Rash <u>WITH</u> Fever Change in normal skin appearance. Can take many forms depending on the cause. | YES- if behavioral changes noted, rash spreads quickly, has open oozing wounds, red, warm or tender to touch and/or is not healing. Contact healthcare provider with associated fever. May return to school when well enough to participate in normal activities and symptoms are improving/resolved. Note: A body rash <u>without</u> fever or behavior changes usually does not require exclusion from school; seek medical advice |
|--|---|

| Illness | Child must be sent home? |
|---|---|
| Conjunctivitis (Pink Eye)- bacterial or viral Red/pink itchy, swollen eyes, eye discharge/drainage that is thick and yellow or greenish in color, possible light sensitivity or eye pain. | YES – discharge/drainage and signs of infection have cleared or once treatment has been initiated by prescribed by a health care provider. |
| Head lice (pediculosis) Itching of head/neck; visible crawling (live) lice in the hair | NO – parent/guardian notified. Treatment must be initiated before returning to school. Student will be rechecked and must obtain clearance from health personnel or designated staff prior to returning to school/class. Shampoo is available from school clinic or Health and Wellness office. <u>Note:</u> site administrator may ultimately use their discretion as to the necessity of excluding student from school for lice due to failure to treat, frequent recurrence, or disruption of student’s instructional day. |
| Skin lesions (to include: streptococci, staphylococcus, impetigo and MRSA infections). Itchy blister like lesions filled with yellow or honey-colored fluid that oozes then dries and crusts over; or bump/infected area that is red, swollen, painful, warm to the touch with or without pus/drainage. | YES – for 24 hours after antibiotic treatment initiated. <u>Note:</u> Lesions must be covered for school attendance. |
| Scabies Intense itching especially at night, pimple of tiny blister-like scaly rash with may affect much of the body (common in between fingers and around wrists, elbows, armpits, and knees). | YES- until prescribed treatment is completed |
| Ringworm Fungal infection that may affect skin and is characterized by ring-shaped, itchy, red, scaly rash; there may also be cracked skin and/or hair loss if infection develops on the scalp | NO – treatment must be initiated and affected areas must be covered for school attendance. |
| Chicken pox - Itchy fluid-filled blisters that begin on the face, chest, and back then spread to the rest of the body | YES- Student may return to school when blisters have dried or until no new lesions appear within a 24-hour period. |

| | |
|---|--|
| Hand, Foot, and Mouth Disease (Coxsackie virus) Fever, sore throat, poor appetite, skin rash, flat or raised red spots usually on the palms of hands, soles of feet and may appear on knees, elbows, bottom, or genital area; may experience diarrhea and vomiting | YES- Student must be fever free without the use of fever-reducing medicines for 24 hours; may return to school when well enough to participate in normal school activities and symptoms are improving/resolved. |
| Respiratory Illnesses (including but not limited to Influenza, COVID-19 and RSV) Fever, chills, body aches, cough, runny or stuffy nose, sore throat, headache, and /or muscle aches | YES- Student must be fever free without the use of fever-reducing medicines for 24 hours; may return to school when well enough to participate in normal school activities and symptoms are improving/resolved. |
| Vaccine Preventable Diseases- Reportable to THD <ul style="list-style-type: none"> • Measles- High fever, red eyes, runny nose, and cough; a rash appears 3 to 5 days after initial symptoms • Mumps- Swelling of one or more of the salivary glands, headache, low grade fever, and muscle aches, decreased appetite, and fatigue • Rubella (German Measles)- Low grade fever (less than 101) and rash that starts on the face and spreads to the rest of the body • Pertussis (Whooping Cough)- Uncontrollable coughing which makes it hard to breathe, runny nose, sneezing, low-grade fever • Tuberculosis- Fatigue, significant weight loss, fever, night sweats, cough that may produce blood, and chest pain. | YES – medical attention is necessary. Exclusion from school until determined not infectious by medical care provider. |

What can I do to help prevent the spread of contagious diseases in my home?

- Remind your children to wash their hands often or sanitize when soap and water not available.
- Reinforce the practice of coughing and sneezing into a sleeve or upper arm instead of hands.
- Throw away tissues immediately after each use and immediately wash or sanitize hands.
- Remind your children not to drink or eat after others, including family members.
- Provide your children with a balanced diet.
- Keep bed times regular. School aged children need 8-10 hours of sleep each night.
- Encourage at least 60 minutes of daily exercise.
- Encourage your children to dress appropriately for the weather. Layering clothing so they may remove and add as their activity level warrants.
- Take your child to the doctor if the symptoms persist.
- If you use over the counter medications-use those that are specific for your child's symptoms. NEVER give children aspirin, adult medications, someone else's medication or medication left over or outdated.
- Increase fluid intake (juices and water).
- Allow your child to rest and fully recover before sending him/her back to school.

REMINDER: The school can administer medications with the appropriate permission forms. These forms may be obtained from the School Health office. The form and medication (**in the original container, properly labeled**) is to remain in the Health office until the medication is depleted or discontinued by

the physician. If your student's condition requires them to carry their medication with them, a self-administration form must be completed and signed by the physician. This form is also available in the Health office.

Please contact your School Health office should you have any questions or wish to discuss your child's medical condition.

HD 77 2/2017, 06/24

Adopted from DoDEA