

# Is My Child Well Enough To Go To School?

Use this sheet to help determine if your child is healthy enough to go to school or if they need to stay home to help prevent the spread of illness. *If your child is home ill, please call the attendance line daily to report the absence and the illness.*

## KEEP YOUR CHILD HOME IF:

- They have a **FEVER ( $\geq 100^\circ$ )**. **Students must stay home until they have been fever free for 24 hours** without the aid of fever reducing medication. Measure your child's temperature before giving medications to reduce fever.
- They are **VOMITING** (two or more episodes). **Students must stay home for 24 hours after last episode.**
- They have **ANY RASH that may be disease related, or the cause is unknown**. Check with your child's physician before returning to school.

If your child has **DIARRHEA**, please abide by the following:

- **Early Childhood/Preschool Aged:** **Keep your child home until 24 hours after diarrhea has stopped.**
- **School Aged:** Your child can attend school unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently. (Schools may require exclusion during outbreaks.)

Please refer to this chart for information on other common childhood illnesses and exclusion criteria for school.

DISEASE	SYMPTOMS/SIGNS	INCUBATION PERIOD/ CONTAGIOUS PERIOD	SCHOOL EXCLUSION
Chicken Pox	Mild fever, generalized skin rash that begins on the chest, back, underarms, neck, and face.  Rash begins as red bumps and within several hours, the bumps turn into small blisters, and then scabs after a few days.  The sores commonly occur in batches with different stages (bumps, blisters, and sores) present at the same time.	<u>Incubation:</u> 10 to 21 days after exposure  <u>Contagious:</u> From 1 to 2 days before rash begins and until all blisters have become scabs (generally within 5 days)	Exclude until all blisters have dried into scabs; usually by day 6 after the rash began.
Common Cold and Respiratory Infections (Viral)	Runny/stuffy nose, sneezing, chills, tiredness, muscle aches, sore throat, cough that lasts 2 to 7 days. High fever and headache are rare.	<u>Incubation:</u> Up to 10 days  <u>Contagious:</u> Shortly before symptoms start through duration of acute symptoms (~5 to 8 days)	Exclude until child is well enough to participate in routine activities. If fever is present, exclude until 24 hours after fever free, without the use of fever reducing medication.
Conjunctivitis (Pink Eye)	Redness, itching, pain, and discharge.  <b>Purulent</b> conjunctivitis has a thick white/yellow eye discharge and eye pain  <b>Nonpurulent</b> conjunctivitis has a clear, watery eye discharge and no pain	<u>Incubation:</u> 1 to 12 days after exposure (usually 1 to 3 days)  <u>Contagious:</u> While symptoms are present	<b>Purulent</b> - Exclude until examined by health care provider and approved for readmission.  <b>Nonpurulent</b> - No exclusion.
Fifth Disease	Rash, possibly low-grade fever or sore throat. Rash typically is an intense redness of the cheeks (a "slapped cheek" appearance) at first and spreads to rest of body with a fine, lacy, pink appearance.	<u>Incubation:</u> 4-21 days  <u>Contagious:</u> Before the rash appears	No exclusion, if health care provider rules out other rash-causing illnesses.

Impetigo	Typically begins at a break in the skin (ex: cut, bug bite). Sores form on skin and produce a thick golden-yellow discharge that dries, crusts, and sticks to skin.	<u>Incubation</u> : 1 to 10 days <u>Contagious</u> : Until sores are healed or child has been treated with antibiotics for 24 hours	If confirmed by health care provider, exclude until 24 hours after treatment has been initiated and sores are drying or improving.
Influenza	Starts quickly with fever (100°-102°), chills, body aches, fatigue, weakness, headache, cough, runny/stuffy nose, and sore throat. Usually lasts 3 to 7 days.	<u>Incubation</u> : 1 to 4 days <u>Contagious</u> : Most contagious for 24 hours before symptoms begin, after symptoms contagious for up to 7 days	Exclude until 24 hours after fever is gone, without the use of fever reducing medication.
Hand, Foot, Mouth Disease	Low grade fever lasting 1-2 days, runny nose and/or sore throat. Blister-like rash occurs in the mouth, on the sides of the tongue, inside the cheeks, and on the gums. Sores may last 7 to 10 days. Blister-like rash may also appear on palms, fingers, soles of feet, or buttocks.	<u>Incubation</u> : 3 to 6 days after exposure <u>Contagious</u> : For the first week of illness and possibly for several weeks afterwards	Exclude until fever is gone and child is well enough to participate in routine activities (okay if sores or rash are still present)
Head Lice	Itching of the head and neck. Look for crawling lice in hair, eggs/nits glued to hair shaft (usually behind ears and back of neck), and scratch marks on head or back of neck at hairline.	<u>Incubation</u> : 7 to 10 days from when eggs are laid until they hatch <u>Contagious</u> : Until treated with lice treatment product	No exclusion, but treatment is strongly recommended before returning to school.
Mononucleosis	Fever, sore throat, swollen glands (especially behind neck), headache, tiredness, and sometimes a rash.	<u>Incubation</u> : 4 to 6 weeks <u>Contagious</u> : Many weeks to a year or more	No exclusion as long as student is able to participate in routine activities.
Ringworm	Flat, spreading, ring-shaped areas on the skin called a lesion. Edge of lesion may be dry and scaly, or moist and crusted. As lesion spreads outward, the center often becomes clear. On feet, also known as "athlete's foot" and is a patchy scaling or cracking of the skin on the foot.	<u>Incubation</u> : 7 to 21 days <u>Contagious</u> : As long as lesions are present but reduced once treatment has begun	Exclude until treatment has been started.
Scabies	Rash consisting of pink bumps or tiny blisters and intense itching, which may be more severe at night. Rash often in folds of skin between fingers, around wrists and elbows, armpits, knees, waist, thighs, etc.	<u>Incubation</u> : 2 to 6 weeks <u>Contagious</u> : From the time a person acquires the mites (before rash appears) until 24 hours after treatment begins	Exclude until 24 hours after treatment begins.
Streptococcal Sore Throat (Strep Throat)	Sudden fever, red sore throat, and swollen glands. Headache, nausea, abdominal pain, and vomiting possible.	<u>Incubation</u> : 2 to 5 days <u>Contagious</u> : Until 24 hours after antibiotic treatment begins	Exclude until 24 hours after antibiotic treatment begins and child is without fever.

\*If you are unsure whether or not to send your child, contact your child's medical provider or school health office.

Information adapted from Hennepin County Medical Center Infectious Disease in Schools Manual, last updated September 2015.

More information is available at <http://www.hennepin.us/ChildcareManual>

This guide is not intended to replace medical care. Please consult your primary care provider for more information.