

AM I WELL ENOUGH TO GO TO SCHOOL?

<p>When should a child stay home or attend school?</p> <p>The following guidelines are intended to help with this decision.</p>	<p>Please keep your child home:</p> <ul style="list-style-type: none"> → If your child has had an oral temperature of 100 degrees or higher in the past 24 hours. Keep your child home from school until 24 hours after the fever is gone (without the use of fever reducing medicine). → If your child has vomited 2 or more times in the previous 24 hours. → If your child has diarrhea and/or they are not feeling well and need to use the bathroom frequently. → If your child has a rash for which the cause is unknown, see your healthcare provider before sending them to school. → If your child has an illness that prevents them from participating in routine activities. <p>**notify your child's school daily to report absences due to illness.</p>
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Disease	Symptoms	Contagious Period	When must your child stay home?	How do you catch this disease?
<p>Chickenpox <i>(Varicella)</i></p> <p>FACT SHEET</p>	<p>Your child will have a rash that begins as red bumps. The bumps will blister over and then form scabs. Your child may also have a fever.</p>	<p>From 1-2 days before the rash begins until all blisters have become scabs.</p>	<p>Keep your child home from school until all blisters have dried into scabs. This is usually by Day 6 after the rash began. If your child has chickenpox, they need to stay home even if they previously had chickenpox.</p>	<ul style="list-style-type: none"> ◊By touching the blister fluid or secretions from the nose or mouth of a person with chickenpox. ◊By coughing or sneezing.
<p>Cold Sores <i>(Herpes Simplex)</i></p> <p>FACT SHEET</p>	<p>The first time a child is infected, there may be blister-like sores inside the mouth and on the gums. Your child may have a fever and be fussy. The cold sores and blisters may occur many times in a person's life.</p>	<p>First infection: up to 2 weeks, sometimes longer.</p> <p>Recurring infection: 3-5 days.</p>	<p>School aged children do not need to stay home.</p>	<ul style="list-style-type: none"> ◊By having direct contact with saliva, commonly by kissing. ◊By touching the fluid from the blisters or sores.
<p>Conjunctivitis <i>(Pink Eye)</i></p> <p>FACT SHEET</p>	<p>Your child may have redness, itching, pain, and drainage from the eyes. Your child may have a fever.</p>	<p>While symptoms are present.</p>	<p>Keep your child home from school if fever present or your child is not healthy enough to participate in routine activities. Antibiotics or a note from a healthcare provider is not required to return to school.</p>	<ul style="list-style-type: none"> ◊By touching secretions from the eyes, nose, or mouth. ◊By touching hands, objects, or surfaces contaminated with secretions.
<p>Fifth Disease <i>(Parvovirus)</i></p> <p>FACT SHEET</p>	<p>Your child may have a sore throat or a low-grade fever. A rash may develop causing very red cheeks. The rash often begins on the cheeks and moves to the arms, upper body, buttocks, and legs. The rash looks very fine, lacy, and pink.</p>	<p>Until the rash appears.</p>	<p>Children do not need to stay home from school if other rash-causing illnesses are ruled out by a healthcare provider. Persons with fifth disease are unlikely to be contagious once the rash appears.</p>	<ul style="list-style-type: none"> ◊By coughing or sneezing. ◊By touching hands, objects, or surfaces contaminated with the virus.

<p>Head Lice</p> <p>FACT SHEET</p>	<p>Itching of the head and neck.</p> <p>Look for:</p> <ul style="list-style-type: none"> ◊Crawling lice in the hair ◊Eggs (nits) glued to the hair, often found behind the back of the neck ◊Scratch marks on the head or back of the neck at the hairline 	<p>Until treated with a lice killing product.</p> <p>*Recommended treatment includes using either a store-bought or prescription lice killing product.</p>	<p>Your child does not need to stay home from school, but it is recommended that your child be treated for head lice.</p> <p>*Your child should be encouraged to avoid head-to-head contact with other children.</p>	<ul style="list-style-type: none"> ◊By head-to-head contact. ◊By sharing personal items that come in contact with the head (combs, brushes, hats, etc.). <p>*Lice do not jump or fly; they crawl and can fall off the head. Head lice do not live longer than 48 hours off the head and can only lay eggs while on the head. Lice do not spread to or from pets.</p>
<p>Impetigo</p> <p>FACT SHEET</p>	<p>Your child may have sores on the skin. The sores can produce a thick golden-yellow discharge that dries, crusts, and sticks to the skin. It usually begins at a break in the skin and can start and can start near a cut or insect bite.</p>	<p>Until sores are healed or the person has been treated for at least 24 hours.</p>	<p>Keep your child home from school if impetigo is confirmed by your healthcare provider.</p> <p>Your child will need to stay home until 24 hours after treatment is started and the sores are drying.</p>	<ul style="list-style-type: none"> ◊By touching the fluid from the sores. ◊By touching contaminated objects (clothes, bedding, towels, etc.).
<p>Influenza <i>(The Flu)</i></p> <p>FACT SHEET</p>	<p>Your child may have chills, body aches, fever, and a headache. Your child may also have a cough, runny or stuffy nose, and a sore throat. Illness may last up to 7 days.</p>	<p>During the 24 hours before and up to 7 days after the illness begins.</p>	<p>Keep your child home from school until 24 hours after the fever is gone (without the use of fever reducing medicine) and your child is healthy enough for routine activities.</p>	<ul style="list-style-type: none"> ◊By coughing or sneezing. ◊By touching contaminated hands, objects, or surfaces.
<p>Mono <i>(Mononucleosis)</i></p> <p>FACT SHEET</p>	<p>Your child may have a sore throat, swollen glands, headache, fever, and sometimes a rash. Your child may be very tired. Less common problems include jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver.</p>	<p>For several weeks or longer.</p>	<p>Children do not need to stay home if they are healthy enough for routine activities.</p> <p>Sports: Children with an enlarged spleen should avoid contact sports until cleared by their healthcare provider.</p>	<ul style="list-style-type: none"> ◊By kissing or sharing items contaminated with saliva.
<p>Ringworm <i>(Athlete's Foot)</i></p> <p>FACT SHEET</p>	<p>Body - Flat, spreading, round, red shapes (lesions) on the skin.</p> <p>Feet - Patchy scaling or cracking of the skin blisters. Itching is common.</p> <p>Scalp - Begins as a small scaly patch on the scalp and may cover more of the head.</p>	<p>As long as you can see the ringworm on your child's skin. Once rash starts shrinking and treatment has begun, your child is less contagious.</p>	<p>Keep your child home from school until treatment has been started.</p> <p>Activities: Limit gym, swimming, and other close contact activities if the lesion cannot be covered or until 72 hours after treatment has begun.</p> <p>Sports: Athletes should follow their healthcare provider's recommendations and the specific sports league rules.</p>	<ul style="list-style-type: none"> ◊By touching the infected skin of a person or pet (usually dogs and cats). ◊By sharing or touching contaminated objects like hats, hair brushes, clothing, furniture, shower stalls, swimming pool decks, locker room benches, or floors.

<p>Scabies</p> <p>FACT SHEET</p>	<p>Your child may have a rash of pink bumps or tiny blisters and may itch the most at night. Sometimes you can only see scratch marks. Common locations for the rash and itching are between fingers, around wrists and elbows, and armpits.</p>	<p>From when a child gets the mites until 24 hours after treatment begins. A child is contagious before the rash starts.</p>	<p>Keep your child home from school until 24 hours after treatment begins.</p>	<ul style="list-style-type: none"> ◇By having a lot of direct contact with the skin of a person with scabies. ◇By sharing bedding, towels, or clothing that was used by a person with scabies. <p>*The mites cannot live off the human body for more than 3 days. They cannot reproduce off the body.</p>
<p>Strep Throat (<i>Streptococcal Infection</i>)</p> <p>FACT SHEET</p>	<p>Your child may have a fever that starts suddenly, red sore throat, and swollen glands. Headache may occur. Children may have stomach pain and vomiting.</p>	<p>Until 12 hours after antibiotic treatment begins.</p>	<p>Keep your child home from school until 12 hours after antibiotic treatment begins and the fever is gone.</p> <p>Children who test positive for strep, but do not have symptoms, do not need to be excluded. They are unlikely to spread the infection to other people.</p>	<ul style="list-style-type: none"> ◇By coughing or sneezing. ◇By touching contaminated hands, objects, or surfaces.

Developed using the [Hennepin County Infectious Diseases in Childcare Settings and Schools Manual](#). This manual is designed to provide specific disease prevention and control guidelines which are consistent with the national standards put forth by the American Public Health Association and the American Academy of Pediatrics. For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

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