

**Illnesses** are most commonly spread by coughing, sneezing, touching contaminated objects, touching the face or putting fingers in mouth.

The best way to stay healthy is to

**wash your hands and cover your cough!**

**Attendance information:**

Contact your child's school **every day they are absent**. Your phone message or email should include:

- Child's name
- Grade and teacher name
- Reason for absence (report all symptoms or diagnosis, including fever)

**Health office information:**

If you have any questions or concerns regarding your child's health, please contact the school health office and/or the school nurse.



**Is My Child Healthy Enough To Go To School?**

These guidelines are intended to help you decide whether your child is healthy enough to go to school.

Your child should stay home if they have:

- Fever of 100 degrees or greater
- Vomiting
- Diarrhea
- Rash that is undiagnosed
- Eye infection that is undiagnosed

Your child can return to school:

- 24 hours after last episode of vomiting or diarrhea, or
- 24 hours fever free, without fever reducing medicine
- Feels well enough to fully participate in school
- See reverse for additional information

A note from your healthcare provider may be requested.

Contact your school health office with questions.

Disease	Symptoms	May my child go to school?	How long does it last?
Chicken Pox (Varicella)	A rash that begins as red bumps. The bumps will blister over and then form scabs. Your child may also have a fever.	No. Keep your child home from school until all blisters have dried, usually by day 6 after the rash began. Contact your healthcare provider. Notify school health office.	Up to 16 days from time of exposure to end of illness
Common Cold	Cough, runny nose, fatigue, fever, achy, mild sore throat	Yes, if your child's symptoms are mild and they are well enough to participate in school. No, if they have a fever.	1-2 weeks
Fifth Disease	May have a sore throat or a low-grade fever. Cheeks may be very red (a "slapped cheek" look). Rash often begins on the cheeks and moves to the arms, upper body, buttocks, and legs.	Yes, if other rash causing illnesses are ruled out. No, if they have a fever.	1-3 weeks
Flu (Influenza)	Also called Influenza-like illness (ILI). Sudden onset fever + cough, sore throat, body aches, headache.	No. Stay home until no fever and well enough to participate in school. Notify the school health office.	Up to 7 days
Hand Foot and Mouth Disease	Runny nose, fever, mild sore throat. Blister-like rash may be on the sides of the tongue, cheeks and gums, palms and fingers, bottom of the feet, or buttocks.	No, if they have a fever. Yes, even if sores or rash still healing.	Mouth sores may last 7-10 days
Head Lice	Itchy head and neck. Look for live lice on the scalp and small eggs on strands of hair. Eggs (nits) appear like tiny grains of rice that are stuck to the hair.	Yes. It is recommended that your child be treated for head lice.	2 weeks or longer; continue checking and combing hair daily until lice and nit free.
Impetigo	Sores on the skin that produce a thick golden-yellow discharge that dries and forms crusts. Usually begins at a break in the skin and can start near a cut or insect bite. Nose and lips are a common site.	No. Your child needs to see a healthcare provider for treatment. Stay home until 24 hours after treatment begins and sores are crusted over.	Up to 10 days
Mono	Fatigue, sore throat, swollen glands, headache, fever, and sometimes a rash.	No, if they have a fever. Yes, if they are well enough to participate in school.	1 week or longer
Pink Eye	<u>Bacterial infection</u> - Redness of eyes and/or eyelids with thick white or yellow eye discharge, eye pain, irritation <u>Other causes</u> - viral infection, allergy, injury/irritation causing eye redness, clear drainage, itching.	<u>Bacterial</u> - No. Your child needs to see a healthcare provider for diagnosis and treatment. Return to school 24 hours after treatment begins. <u>Other causes</u> - Yes.	1-3 days
Ringworm	Flat, ring shaped lesions. Can be dry and scaly, or moist and crusty. Can appear on body, scalp, or feet.	No. Your child needs to start treatment (over the counter antifungal ointment or prescription). Return to school 24 hours after treatment begins. Lesions must be covered.	4-8 weeks to clear
Scabies	Rash with tiny bumps or blisters found between fingers, in armpits, wrists, or elbows. Lines may be seen. Itching can be intense and more severe at night.	No. Your child needs to see a healthcare provider for treatment. Return to school 24 hours after treatment begins.	2-3 weeks after treatment begins
Shingles	Intense pain and itching, numbness around the torso or on the face; a red rash followed by clusters of blisters, usually on one side of the body.	No. Stay home until the blisters crust over. Contact your healthcare provider. Notify school health office. Yes, if the blisters can be covered.	3-5 weeks
Strep Throat/Scarlet Fever	Fever, red sore throat, headache, stomach ache, vomiting. Very fine sandpaper-like rash on neck, chest, elbow, groin, inner thigh, or folds of armpit.	No. Stay home until seen by a healthcare provider for diagnosis and treatment. Return to school 12 hours after antibiotics are started. Notify the school health office.	Complete the full course of antibiotics
Whooping Cough (Pertussis)	Runny nose, sneezing, cough, possible fever. After 1 or 2 weeks, your child may cough with explosive bursts that can cause vomiting and/or cause a high-pitched whooping sound. Coughing attacks occur more often at night	No. Must stay home for 5 days after starting antibiotics. Contact your healthcare provider. Notify school health office.	3-5 weeks