

Common Childhood Illnesses

Disease/Illness	Symptoms	How long to stay home?
Chicken Pox (Varicella)	Fatigue, fever. Rash and itchy blisters that spread over body. Blisters will dry and scab over.	May attend when blisters have scabbed over and no further drainage is noted. Minimum of 5 days after rash appears.
Common Cold	Runny nose, cough, sneezing, sore throat	Refer to "Guidelines by Symptom" on district's Health page.
Fifth Disease	Runny nose, loss of appetite, sore throat, fever, aches. Then a lace-like rash on cheeks.	May attend with note from physician or when flu-like symptoms are gone. After the rash appears, the student is not likely to be contagious.
Hand, Foot, and Mouth Disease	Fever, sore throat, mouth lesions. Blisters on palm of hands and soles of feet.	May attend with note from physician or when blisters are gone.
Head Lice	Itching of scalp. Visible lice or nits in hair.	Active adult lice should be treated before returning to school. Treatments will kill adults, but may not kill eggs (nits). Re-treatment may be necessary. Student does not have to be "nit-free" before returning to school.

Impetigo (Staph skin infection)	Blisters, sores (often around mouth and nose), crusted, draining, and itching.	May attend when: 1) all sores have healed or 2) after 24 hours of antibiotic treatment and exposed sores are covered.
Influenza (flu)	Fever, chills, body aches, cough, loss of appetite	Refer to "Guidelines by Symptom" on district's Health page.
Mononucleosis	Fever, sore throat, swollen lymph nodes, fatigue and abdominal pain.	Refer to "Guidelines by Symptom" on district's Health page. Student should rest as necessary. Withdrawal from PE/athletic activities is advised until student has recovered fully.
Pink Eye (Conjunctivitis)	Eyes tearing, irritated and red, sensitive to light. Eye lids puffy, may have yellow discharge.	May attend with permission from physician or when symptoms are gone.
Strep Throat	Sore throat, fever, swollen tonsils, tender neck glands, bad breath, nausea.	Refer to "Guidelines by Symptom" on district's Health page. No longer contagious after 24 hours of antibiotics.