

Common Childhood Illnesses

Disease/Illness	Symptoms	When to Return to School
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 Services page.
Fifth Disease	Runny nose, loss of appetite, sore throat, fever, aches. Then a lace-like rash on cheeks.	May attend: <ol style="list-style-type: none"> 1. With note from physician or 2. When flu-like symptoms are gone. <i>After the rash appears, the student is not likely to be contagious.</i>
Hand, Foot, and Mouth Disease	Fever, sore throat, mouth lesions. Blisters on palm of hands and soles of feet.	May attend: <ol style="list-style-type: none"> 1) With note from physician or 2) When fever is gone and blisters are completely dry and fading.
Head Lice	Itching of scalp. Visible lice or nits in hair, especially at neckline and behind ears.	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). Typically yellow, crusty, draining, and itching.	May attend: 1) With note from physician, or 2) When all sores have healed, or 3) When antibiotic treatment has been initiated and exposed sores are covered.
Influenza (flu)	Fever, chills, body aches, cough, sore throat, fatigue, sometimes nausea.	Refer to “Guidelines by Symptom” on district’s Health Services 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) <i>Pink eye can be either: 1. Viral, 2. Bacterial, or 3. Non-infectious.</i>	Eyes tearing, irritated and red, sensitive to light, crusty with discharge.	May attend: 1. With note from physician, or 2. When symptoms are gone, or 3. With bacterial forms, 24 hours after antibiotic treatment has begun.
Strep Throat	Severe sore throat, fever, swollen tonsils, tender neck glands, bad breath, nausea.	Refer to “Guidelines by Symptom” on district’s Health Services page. <i>No longer contagious after 24 hours of antibiotics.</i>