

A **School Exclusion List** indicates which illnesses require that sick children must be kept out of school (excluded from attending). It also indicates when medical notes are necessary for children to return to school after certain illnesses. If you have any questions about this list, please contact your child's school or your health department.

Exclusion Criteria Based Upon Signs and Symptoms

Fever

Exclude if oral temp is 101 F or above without giving fever-reducing medication, or if axillary or tympanic temp is greater than 100 F.

Vomiting

Exclude if vomiting 2 or more times in 24-hour period. Exclude the following day unless vomiting is known to be caused by a condition that is not contagious (pregnancy or digestive disorder).

Diarrhea

Exclude if two or more loose stools in 24-hour period. Return to school when 24 hours pass without diarrheal stool.

Diarrhea with blood or mucous

Exclude with 1 or more loose stools with blood or mucous.

Localized skin infection

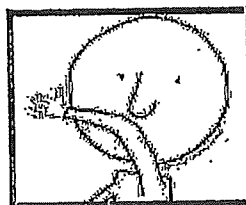
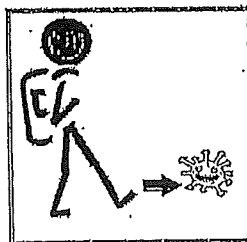
Exclude from contact sports. Exclude from school only if lesion cannot be covered until medical clearance is given.

Generalized rash of unknown origin

Exclude until rash is resolved or medical clearance is given and measles/rubella are ruled out.

The best protection from disease is
PREVENTION!

Make sure your
children receive their
Immunizations
on time ...



...cough or sneeze
into your sleeves...

...and wash hands
frequently with soap
and warm water.



visit our website at
www.sussex.nj.us/health

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ILLNESS EXCLUSION LIST FOR SCHOOLS

Pre-K to HIGH SCHOOL

SUSSEX COUNTY DIVISION OF
ENVIRONMENTAL AND PUBLIC
HEALTH SERVICES
OFFICE OF PUBLIC HEALTH
NURSING

Note to Parents:

If you think that your children are sick with illnesses that can be spread to others, please keep them home from school and contact your health care provider for guidance.

A Quick Reference Guide for Parents (MN=Medical note needed to return to school PN=Parent note needed to return to school)

- Please keep your children home from school if they have one of the conditions or illnesses listed below.
- Report your child's absence to the school and consult their healthcare provider for treatment guidance.
- Most of the conditions and illnesses are reportable to the Health Department during outbreaks only unless noted (*) as reportable for single cases.

Common Cold (Upper Respiratory Infection)

Self-limiting, mild infection of the upper respiratory system: nose, sinuses, throat. Children average 6-8 colds/year, caused by over 200 different viruses. Most infectious during first 3 days of symptoms. Exclude children with fever and those who feel ill, otherwise exclusion is impractical. PN

Conjunctivitis (Pink-eye)

Children with pink/red eyes with white/yellow discharge, often with matted eyelids after sleep, and eye pain or redness of the eyelids or skin surrounding the eye may have Purulent Conjunctivitis. Exclude from school while symptomatic or until 24 hours after antibiotic treatment. A medical note is required to return to school. Children with pink eyes who have a clear watery discharge without fever, eye pain, or eyelid redness do not need to be kept home. MN

Coxsackievirus Infection (Hand, Foot, and Mouth Disease)

This is a common childhood illness with symptoms of fever, mouth sores, and skin rash/blisters on the hands and feet. Children should be excluded from school if they have blisters in their mouths and drool or have weeping sores on their hands, or if they have fever and are too ill to participate in daily activities. PN

* E.coli 0157

Children may experience nausea, vomiting, bloody diarrhea and abdominal cramps. They should be excluded from school until 24 hours without diarrhea bowel movements. MN

Fifth Disease (Erythema infectiosum)

The primary symptom of this illness is a rash with a "slapped face" appearance. There are no school exclusion recommendations for this illness. Pregnant women and immunocompromised persons should seek medical advice.

Head Lice -

Children should be excluded from school if they experience head scratching and live lice are present. They may return to school after being treated for lice. Some schools may require that children are nit (lice egg)-free before returning to school. Parents should inquire about their individual school's policy. Treatment of bed linens and other personal items will help to prevent reinfection.

*Hepatitis A

Children should be excluded until one week after the onset of jaundice or illness. MN

Influenza-Like-Illness

Exclude children with fever, cough and/or sore throat (in absence of known cause), and those children who feel very ill until the illness is resolved. Exclusion otherwise is impractical for minor cough/scratchy throat symptoms. PN

*Measles

Children with illness characterized by fever, reddened eyes, runny nose, cough, dusky-red blotchy rash on day 3 or 4, should be excluded until 4 days after onset of rash. MN

*Meningitis

Bacterial/Viral - Children experiencing high fever, headache, and stiff neck should be excluded until recovered. *Bacterial Meningitis is immediately reportable to Health Department.* MN

Mononucleosis

There are no school exclusion recommendations for this illness; however, a medical note to resume physical activities is required. MN

*Mumps

Children with may return 5 days after the onset of parotid gland swelling. MN

*Pertussis

Children should be excluded until completion of 5 days of appropriate antibiotic therapy, unless diagnosed with pertussis past the infectious period (21 or more days after cough onset). MN

*Rubella (German Measles)

Child should be excluded from school until 7 days after onset of rash. MN

*Salmonella typhi (typhoid fever)

They should be excluded from school until 24-hours without diarrhea bowel movements. MN

Salmonella (nontyphoidal)*

There are no school exclusion recommendations for this illness if children have no symptoms (no diarrhea). PN

Scabies

Children with this condition should remain out of school until 24 hours application of appropriate scabicide treatment has been completed. Treating bed linens and other personal items will prevent a reinfection. PN

*Shigella (Dysentery)

Children may experience nausea, vomiting, bloody diarrhea and abdominal cramps. They should be excluded from school until 24-hours without symptoms. MN

*Staphylococcal or streptococcal skin infections (Includes MRSA & Impetigo)

Exclude children from school whose sores cannot be covered, until the student has received 48 hours of antibacterial treatment, lesions show signs of healing (decreasing in size), and drainage has stopped. If sores can be covered, exclude from contact sports only. **Two or more cases of confirmed MRSA cases are reportable to Health Department.* MN

Streptococcal pharyngitis (strep throat)

Children can return to school 24 hours after starting antibiotic treatment if there is no fever. MN

Tinea Capitis (Ringworm of the scalp)

Children must be excluded from school until an oral antifungal treatment is initiated. PN

Tinea Corporis (Ringworm of the body)

Children should be excluded from school until an oral or topical antifungal treatment is initiated, unless the affected area can be completely covered. PN

*Tuberculosis

Children with this condition must be excluded from school until the health department and treating physician state that the student is noninfectious. MN

*Varicella (Chickenpox)

Children should be excluded from school until all lesions have dried and crusted (usually 6 days after the onset of the rash). MN

Varicella Herpes Zoster (Shingles)

Keep children home who have sores/blisters that cannot be covered. Children may return to school once all lesions are dried/crusted. PN