

Albany Area Schools Health Services
IS MY CHILD WELL ENOUGH TO GO TO SCHOOL?

These guidelines are intended to help you decide whether your child is healthy enough to go to school. Call your school health office if you have any questions about your child's illness.

Contact your student's school every day they are absent. Your phone or email message should include: child's name, teacher name or grade, reason for absence, and please include their symptoms (fever, cough, sore throat, ...).

Your child *must stay home* if they have:

- Fever of 100 degrees or higher (38 degrees Celsius)
- Vomited
- Diarrhea
- Rash that is not yet diagnosed

Your child *may return* to school:

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

ILLNESS	SIGNS and SYMPTOMS CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
Chickenpox (varicella) Chickenpox Parent Fact Sheet Notify the School Nurse, MDH reportable disease	Fever and skin rash typically in clusters. Rash begins on the chest, back, underarms, neck, and face. Blisters turn to scabs. NO Exclude from school until blisters are scabbed, usually about 6 days after the rash appears.	Touching blisters, coughing and sneezing
Cold Sores (herpes simplex) Cold Sores (Herpes) Parent Fact Sheet	Blisters appear on the lips, face, and mouth. Sores usually crust and heal within about 6 days. YES Children who are in control of their mouth secretions may come to school.	Direct contact with the infected person's saliva or sores.
COVID-19 COVID 19 Parent Fact Sheet Notify the School Nurse, MDH reportable disease	Fever, chills, cough, shortness of breath, body aches, headaches, vomiting/diarrhea, or a new loss of taste or smell. May have only one, or no symptoms. NO Isolate at home 5 days from onset of symptoms or positive test. Return to school on days 6-10 wearing a mask, if symptoms are improved, and fever free without fever reducing medication.	Close contact with some who is infected, breathing, coughing, sneezing, and touching contaminated surfaces.
Fifth Disease Fifth Disease Parent Fact Sheet	Red cheeks, fine lacy rash spreads to arms, chest, buttocks, legs. Fever may be present. NO Exclude until fever free for 24 hours. Rash fades after 3-7 days, may return to school with the rash and no fever.	Direct contact with infected mouth or nose secretions, contaminated surfaces.

Hand, Foot, and Mouth Disease Hand, Foot, and Mouth Disease	Blister rash in the mouth, on palms of hands, fingers, and soles of feet. May last 7 to 10 days. Fever may be present.	<p>NO</p> <p>Exclude until fever free for 24 hours. If no fever occurred, return to school.</p>	Direct contact with mouth and nose secretions or stool of infected persons.
Head Lice Head Lice (not an illness)	<p>Live lice present</p> <p>Itchy scalp. Nits (lice eggs) attach to the hair near the scalp. Lice are small, brown insects that move through the hair, lice range in size.</p>	<p>NO</p> <p>Treatment and combing to remove live Lice necessary before returning to school</p> <p>YES</p> <p>Treatment and combing is strongly recommended. Health staff may check a student's hair once returned to school.</p>	Direct contact with a person's hair, comb/brush, bedding, helmets, hat. Lice do not jump or fly.
Impetigo Impetigo Parent Fact Sheet	Blisters that produce a thick golden-yellow discharge that dries, crusts, and sticks to the skin. Common around nose, mouth, but can occur all over.	<p>NO</p> <p>Exclude from school until 24 hours after antibiotic treatment begins, and fever free. Cover sores if possible.</p>	Direct contact with infected mouth or nose secretions.
Influenza - Flu Influenza Parent Fact Sheet Notify the School Nurse, MDH reportable disease	Sudden onset of fever, headache, muscle pain, body aches, cough, and sore throat.	<p>NO</p> <p>Exclude from school until fever free for 24 hours and well enough to participate in normal activities.</p>	Coughing, sneezing, and direct contact with mouth or nose secretions, and contaminated surfaces.

ILLNESS	SIGNS and SYMPTOMS CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
Measles Measles Parent Fact Sheet Notify the School Nurse, MDH reportable disease	<p>High fever, watery eyes, runny nose, cough. Red blotchy rash appears on the third to seventh day of illness.</p> <p>NO - Follow direction from MDH</p> <p>Individuals who are a close contact and are not fully immunized for measles may be required to quarantine for 21 days.</p>	Coughing, sneezing, breathing contaminated air, touching contaminated surfaces.
Molluscum Molluscum Parent Fact Sheet	<p>Bumps on the face, body, arms, or legs; small, pale, shiny, and dome-shaped, may be flesh</p> <p>YES</p> <p>Your child may go to school, but should cover bumps with clothing or bandage to</p>	Skin to skin contact.

	<p>colored, white, or pink, sometimes a dimple on top.</p> <p>avoid spreading it to others.</p>	
Mononucleosis Mononucleosis Parent Fact Sheet	<p>Fever, sore throat, fatigue, headaches, swollen glands in neck. Rash may be present.</p> <p>NO Must be fever free for 24 hours and able to participate in normal activities.</p>	<p>Direct contact with infected saliva. Often spread through kissing or sharing drinks.</p>
Norovirus Norovirus Parent Fact Sheet	<p>Watery diarrhea, vomiting, fever, stomach cramps, fatigue. Usually lasts for 24 to 48 hours.</p> <p>NO Stay home for 24 hours after diarrhea and vomiting have stopped.</p>	<p>Eating contaminated food or drinks, touching hands, objects, or surfaces contaminated with stool.</p>
Pink Eye (conjunctivitis) Pink Eye Parent Fact Sheet	<p>Viral: pink/red eye with clear, watery discharge. Bacterial: pink/red eye with pus or sticky drainage. Painful.</p> <p>YES - If viral or noninfectious pink eye, may return to school. NO - Bacterial requires medical treatment, return 24 hours after treatment has begun.</p>	<p>Direct hand to eye contact, touching contaminated surfaces.</p>
Ringworm Ringworm Parent Fact Sheet	<p>Flat, round, red shaped lesions on the skin, often itchy, may cause swelling. Scalp - may cause hair to break Feet ("athletes foot") - Patchy scaling, cracks, or blisters.</p> <p>NO Exclude until 24 hours after treatment begins. Cover the infected area with clothing or a bandage if possible.</p>	<p>Direct contact with an infected person or contaminated objects/clothing.</p>
RSV (Respiratory Syncytial Virus) RSV Parent Fact Sheet	<p>Cough, watery eyes, fever, runny nose, stuffiness, sneezing. Symptoms may last for 7 days. Severe RSV may cause lung congestion.</p> <p>NO Exclude from school until fever free for 24 hours and the student is well enough to participate in normal activities.</p>	<p>Coughing, sneezing, and direct contact with mouth or nose secretions, and contaminated surfaces.</p>
Scabies Scabies Parent Fact Sheet	<p>Pink pumps or tiny blisters, intense itching, commonly found between fingers, around wrists, near elbows, and in armpits, knees, waistline. Itching is worse at night.</p> <p>NO Exclude from school until 24 hours after treatment begins.</p>	<p>Scabies mite is transferred by direct contact with skin or shared bedding, towels, or clothing of an infected person.</p>
Streptococcal Infection (strep throat/scarlet fever) Strep Parent Fact Sheet	<p>Sore throat, fever, swollen glands, headache, nausea and/or vomiting.</p> <p>NO Exclude from school until 24 hours after antibiotic treatment begins, and fever free for 24 hours</p>	<p>Coughing, sneezing, and direct contact with mouth or nose secretions, and contaminated surfaces.</p>

	Scarlet Fever - fine “sandpaper” rash that starts with sore throat	
Whooping Cough (pertussis) Whooping Cough Parent Fact Sheet Notify the School Nurse, MDH reportable disease	Begins with runny nose, sneezing, mild cough, and low grade fever. After 1 to 2 weeks, a persistent cough develops which may become explosive bursts. Cough occurs more at night. NO - Follow direction from MDH Exclude from school until 5 days after antibiotic treatment begins. If not treated with 5 days of antibiotics, exclusion is for 21 days after cough onset.	Direct contact with mouth and nose secretions.

There are parent fact sheets available for many other illnesses on the
[Hennepin County Infectious Disease website](#)

Updated 02/07/2024