

Am I well enough to go to school?

When should a student stay home or attend school? These guidelines will help with that decision.

Please keep your student home:

- If they have had an oral temperature of 100 degrees or higher in the past 24 hours. Keep your student home from school until 24 hours after fever is gone (WITHOUT use of fever reducing medicine).
- If they have vomited 2 or more times in the previous 24 hours.
- If they have diarrhea and/or they are not feeling well and need to use the bathroom frequently.
- If they have a rash with fever, call your health care provider before sending them to school.
- If they have COVID symptoms or test positive for COVID
- If they have an illness that prevents them from participating in routine activities.

*Notify your student's school DIALY to report absences due to illness.



**MINNEAPOLIS
PUBLIC SCHOOLS**

Disease	Symptoms	Contagious Period	When must your student stay home?	How do you catch this disease?
Chickenpox (Varicella) Parent/guardian fact sheet	Your student will have a rash that begins as red bumps. The bumps will blister over and then form scabs. Your student may also have a fever.	From 1-2 days before the rash begins until all blisters have become scabs.	Keep your student home from school until all blisters have dried into scabs. This is usually by day 6 after the rash began. If your student has chickenpox they need to stay home, even if they previously had the chickenpox.	By touching the blister fluid or secretions from the nose or mouth of a person with chickenpox. By coughing or sneezing.
Cold Sores (Herpes Simplex) Parent/guardian fact sheet	The first time a student is infected there may be blister-like sores inside the mouth & on the gums. Your student may have a fever & be fussy. The cold sores & blisters may occur many times in a person's life.	First infection: up to 2 weeks, sometimes longer. (Recurring infection: 3-5 days.)	School aged students do not need to stay home.	

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Conjunctivitis (Pink Eye) Parent/guardian fact sheet	Your student may have redness, itching, pain, & drainage from the eyes. Your student may have a fever.	While symptoms are present.	Keep your student home from school if fever present or your student is not healthy enough to participate in routine activities. Antibiotics or a note from a health care provider is not required to return to school.	By touching secretions from the eyes, nose, or mouth. By touching hands, objects, or surfaces contaminated with secretions.
COVID Parent/guardian fact sheet	Your child may have a fever, chills, cough, shortness of breath, body aches, headache, vomiting/diarrhea, or a new loss of taste or smell. Your child may also be infected and have no symptoms. If your child has been infected, it may take 2 to 14 days for symptoms to start.	If your child has symptoms: From 2 days before to 10 days after the symptoms started. If your child never had any symptoms: from 2 days before to 10 days after the test was taken.	Keep your child home from childcare and school until all of the following are true: <ol style="list-style-type: none"> 1. It has been 5 days since symptoms first started (or 5 days since a test was taken if your child does not have any symptoms) and 2. until 24 hours after fever is gone (without the use of a fever reducing medicine) and 3. symptoms are improving and child can wear a well-fitting mask at childcare/school for 10 days after symptoms started (or 10 days after test was taken if your child does not have symptoms). Children under 2 years of age and others who are unable to wear a well-fitting mask should stay home for 10 full days.	By close contact with someone who is infected. By breathing, coughing, and sneezing. Cases with no symptoms can still spread disease to others.

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Fifth Disease (Parvovirus) Parent/guardian fact sheet	Your student may have a sore throat or a low-grade fever. A rash may develop causing very red cheeks. The rash often begins on the cheeks and moves to the arms, upper body, buttocks, & legs. The rash looks very fine, lacy, & pink.	Until the rash appears.	Students do not need to stay home from school if other rash-causing illnesses are ruled out by a health care provider. Persons with fifth disease are unlikely to be contagious once the rash appears.	By coughing or sneezing. By touching hands, objects, or surfaces contaminated with the virus.
Head Lice Parent/guardian fact sheet	Itching of the head and neck. Look for: <ul style="list-style-type: none"> ▪ Crawling lice in the hair. ▪ Eggs (nits) glued to the hair, often found behind the back of the neck. ▪ Scratch marks on the head or back of the neck at the hairline. 	Until treated with a lice killing product. Recommended treatment includes using either a store-bought or prescription lice killing product.	Your student does not need to stay home from school, but it is recommended that your student be treated for head lice. Your student should be encouraged to avoid head-to-head contact with other students.	By head-to-head contact. By sharing personal items that come in contact with the head (combs, brushes, hats, etc.). Lice do not jump or fly; they crawl & can fall off the head. Head lice do not live longer than 48 hours off the head & can only lay eggs while on the head. Lice do not spread to or from pets.
Impetigo Parent/guardian fact sheet	Your student may have sores on the skin. The sores can produce a thick golden- yellow discharge that dries, crusts, & sticks to the skin. It usually begins at a break in the skin & can start near a cut or insect bite.	Until sores are healed or the person has been treated for at least 24 hours.	Keep your student home from school if impetigo is confirmed by your health care provider. Your student will need to stay home until 24 hours after treatment is started and the sores are drying.	By touching the fluid from the sores. By touching contaminated objects (for example clothing, bedding, towels).
Influenza (the flu) Parent/guardian fact sheet	Your student may have chills, body aches, fever, & headache. Your student may also have a cough, runny or stuffy nose, and sore throat. Illness may last up to 7 days.	During the 24 hours before & up to 7 days after the illness begins.	Keep your student home from school until 24 hours after fever is gone (without use of fever reducing medicine) & your student is healthy enough for routine activities.	By coughing or sneezing. By touching contaminated hands, objects, or surfaces.

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Mono (Mononucleosis) Parent/guardian fact sheet	Your student may have a sore throat, swollen glands, headache, fever, & sometimes a rash. Your student may be very tired. Less common problems include jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver.	For Several weeks or longer.	Students do not need to stay home if they are healthy enough for routine activities. Sports: Students with an enlarged spleen should avoid contact sports until cleared by their health care provider.	By kissing or sharing items contaminated with saliva.
Scabies Parent/guardian fact sheet	Your student may have a rash of pink bumps or tiny blisters & may itch the most at night. Sometimes you can only see scratch marks. Common locations for the rash and itching are between fingers, around wrists and elbows, & armpits.	From when a student gets the mites until 24 hours after treatment begins. A student is contagious before the rash starts.	Keep your student home from school until 24 hours after treatment begins.	By having a lot of direct contact with the skin of a person with scabies. By sharing bedding, towels, or clothing that was used by a person with scabies.
Strep Throat (Streptococcal Infection) Parent/guardian fact sheet	Your student may have a fever that starts suddenly, red sore throat, & swollen glands. Headache may occur. Student may have stomach pain & vomiting.	Until 12 hours after antibiotic treatment begins.	Keep your student home from school until 12 hours after antibiotic treatment begins & the fever is gone. Students who test positive for strep, but do not have symptoms, do not need to be excluded. They are unlikely to spread the infection to other people.	By coughing or sneezing. By touching contaminated hands, objects, or surfaces.