



Healthy Schools Temporary Exclusion Guidelines

Health Services
Mat-Su Borough School District
501 N. Gulkana
Palmer, AK 99645
P: (907) 746-9200

Student Name _____ Date of Birth _____ Student ID _____

Adapted from American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020 Pediatrics; 2020.

Children in education programs (pre-K – high school) can often become ill. Most illnesses are mild and do not require dismissal or temporary exclusion from programs. But some illnesses do require temporary exclusion to help the student recover to a healthier state and to control the spread of illness to peers, staff and community.

If you have been notified that your child is ill, you will need to arrange for pick up. You should also know that your child has had an assessment of their symptoms and objective findings (may include but not limited to temperature check, vital signs, physical appearance, and behavior, etc.) by a health care professional or trained designee and it has been determined that your student is unable to participate in their own learning in a healthful and meaningful way or that their symptoms are interfering with others’ ability to focus and learn.

Your child is exhibiting the following symptoms or signs of illness:

- _____ Fever (>= 100°) and or chills
_____ Cough
_____ Shortness of breath or difficulty breathing
_____ Congestion or runny nose
_____ Sore throat
_____ Nausea _____ Vomiting _____ Diarrhea
_____ Headache
_____ Muscle, joint or body pain
_____ Fatigue, malaise, can’t stay awake
_____ Other

Based on the information above and the assessment of the school Nurse, input from teachers, and/or other staff, it may be advisable that your child be seen by their medical provider for further evaluation and treatment. This is the parent or guardian’s choice but there are some symptoms that may need more evaluation and clearance to return to school.

Your school nurse: _____

Phone: _____ Email: _____

The following are provided for your information and guidance.

FEVER Your child should not attend school or childcare if their temperature is above 100°F or 37.8°C (measured by mouth) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating). They may return to school 24 hours after their temperature is below 100°F without the use of fever-reducing medicine and they are feeling better. Fevers are considered the body’s way of indicating an infection and a response to trying to rid the body of a pathogen that is causing illness. Without evaluation there is no way to identify which pathogen is causing the fever. Some damage can cause prolonged illness, cause organ damage, or even death. While these are rare there is no way to know which time a fever may cause that.

CONTAGIOUS ILLNESS

- Your child should stay home from school if they have a contagious illness to keep from spreading it to others. A contagious illness is one that can be spread by close contact with a person or object. Examples are: stomach-flu (gastroenteritis) with vomiting or diarrhea, respiratory illnesses including chickenpox, active tuberculosis, influenza, and covid, strep throat, scabies, impetigo and "pinkeye"(conjunctivitis). Many illnesses such as these are contagious 24 hours **before the child shows signs of illness**. It is very hard to prevent the spread of some germs, especially in a school classroom. Good hand washing is the #1 prevention measure to reduce the spread of illness.
- If your child has any of the illnesses listed above or others, ask your doctor when they may return to school and get a note from them. Generally, children who have active chickenpox should not return to school until **all the lesions** are dried and crusted. Children with strep throat should be **on antibiotics for 24 hours** and have no fever before returning to school.
- When your child has been free of fever for 24 hours (without fever-reducing medicine such as Tylenol®(acetaminophen), Advil (ibuprofen), is feeling better, and have improving symptoms, they may attempt to return to school.
- If an antibiotic medicine is prescribed for your child, be sure they have taken the medicine for at least 24 hours before returning to school. **Remember** - The antibiotic medicine should be taken as prescribed until it is **all** gone. If they need to complete their antibiotic during school hours be sure to discuss this with your school nurse or designated staff.

HOW TO HELP PREVENT ILLNESS:

- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- **Stay away from those that you know are sick:** This may mean rescheduling events and outings.
- **Cover your nose and mouth** with a tissue or cover by putting your face into your elbow area, or shirt lapel when you cough or sneeze. Throw the tissue in trash after use and wash your hands. If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.
- **Wash your hands often with soap and water**, especially after you cough, sneeze, or blowing your nose. If soap and water are not available, use alcohol-based hand sanitizer.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way. If you need to, wash before and after touching these areas.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces at home or work, especially when someone is ill. This may look like door handles (including the refrigerator and oven/microwave door handles), and light switches, computer keyboards and cell phones and vehicle steering wheels.

If you do not have a provider or can't get in with your primary care provider, you may want to consider these Valley resources:

[Mat-Su Health Services](#) FQHC: (multiple locations: Sliding fee scale)
Main phone: (907) 376-2411

[Mat-Su Regional Urgent Care](#) (multiple locations):

Wasilla: (907) 352-2880
Palmer: (907) 861-6684

[Lake Lucille Urgent Care](#): (907) 373-4200

[Sunshine Community Health](#) FQHC: (multiple locations: sliding fee scale)

Willow: (907) 495-4100
Talkeetna: (907) 733-2273