

AM I WELL ENOUGH TO GO TO SCHOOL?



The following guidelines are intended to help in the decision on if your child should attend school or stay home because of illness.

Please keep your child home from school:

- **Illness** If your child is unable to participate in routine activities or needs more care than can be provided by the childcare/school staff.
- **Fever** If your child has had an oral temperature of 100 degrees or higher and is accompanied by behavior changes, stiff neck, difficulty breathing, rash, sore throat and or other signs or symptoms of illness; or is unable to participate in routine activities. Keep your child home from school until 24 hours after fever is gone (without the use of fever reducing medicine).
- **Vomiting** If your child has vomited two or more times in the previous 24 hours. Exclude for 24 hours after the last episode of vomiting, unless it is determined to be caused by a non communicable condition and the child is not in danger of dehydration.
- **Diarrhea** If your child has diarrhea (increased number of stools than normal, along with decreased stool form and or stools that are watery, bloody, or contain mucus) in the previous 24 hours and/ or they are not feeling well and need to use the bathroom frequently. Exclude until 24 hours after diarrhea stops or follow specific disease exclusion if the pathogen is known; or until a medical exam indicates that it is not due to a communicable disease.
- **Rash with fever or behavior change** Exclude until a medical exam indicates these symptoms are not those of a communicable disease that requires exclusion.
- **If your child has symptoms of or has been diagnosed with an illness listed below that requires your child to stay home.**



SPECIFIC DISEASE EXCLUSION GUIDELINES FOR SCHOOLS

Conjunctivitis (Pinkeye) No exclusion, unless the child has a fever or is not healthy enough to participate in routine activities. Antibiotics or a note from a health care provider are not required. [Pink Eye Parent Fact Sheet](#)

COVID-19 Keep your child home until all of the following are true:

- Symptoms are improving and your child has been fever-free for 24 hours without the use of a fever-reducing medicine.
- After this time, your child may return, but it is encouraged to consider increased hand washing and masking for the next 5 days. [Covid 19 Parent Fact Sheet](#)

Cold Sores: Herpes, Oral None. [herpes, oral Parent fact sheet](#)

Fifth Disease (Parvovirus) None, if other rash-causing illnesses are ruled out by a healthcare provider. Persons with fifth disease are no longer infectious once the rash begins. [Fifth disease Parent Fact Sheet](#)

Hand, Foot, and Mouth Disease Until fever is gone and the child is well enough to participate in routine activities (sores or rash may still be present). [Hand, Foot, and mouth disease Parent fact sheet](#)

Head Lice None, but treatment is recommended before returning to school. [Head lice Parent fact sheet](#)

Impetigo Until 24 hours after treatment and sores are drying or improving. [Impetigo Parent fact sheet](#)

Influenza Until 24 hours after fever is gone (without the use of a fever reducing medicine) and the child is well enough to participate in routine activities. [Influenza Parent fact sheet](#)

Measles Until 4 days after the rash appears. A child with measles should not attend any activities during this time period. [Measles Parent fact sheet](#)

Mononucleosis None, as long as the child is well enough to participate in routine activities. Sports: Contact sports should be avoided until the child is recovered fully and the spleen is no longer palpable. [Mono Parent fact sheet](#)

Norovirus Until 24 hours after diarrhea and vomiting have stopped. Anyone with vomiting and/or diarrhea should not go in lakes, pools, splash pads, water parks, or hot tubs until after diarrhea and/or vomiting have stopped. Staff must avoid food preparation when diarrhea and/or vomiting are present and for at least 72 hours after diarrhea and/or vomiting have stopped. Call your local health department to determine how these restrictions apply. [Norovirus Parent fact sheet](#)

Pneumonia Until fever is gone (without the aid of fever reducing medication) and the child is well enough to participate in routine activities. [Pneumonia Parent fact sheet](#)

Respiratory Infection (Viral) Until fever is gone (without the aid of fever reducing medication) and the child is well enough to participate in routine activities. [Respiratory infection \(viral\) Parent fact sheet](#)

Respiratory syncytial Virus (RSV) infection Keep your child home from childcare until fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities. [RSV Parent fact sheet](#)

Streptococcal Infection (Strep Throat/Scarlet Fever) Until 12 hours after antibiotic treatment begins and the child is without fever.

Children without symptoms, regardless of a positive throat culture, do not need to be excluded from childcare or school. Persons who have strep bacteria in their throats and do not have any symptoms (carriers) appear to be at little risk of spreading infection. [Strep throat/scarlet fever Parent fact sheet](#)

Other communicable diseases Consult your local or state health department or the child's health care provider regarding exclusion guidelines for other infections not described in this manual. Special exclusion guidelines may be recommended in the event of an outbreak of an infectious disease in a school setting. Consult your local or state health department when there is more than one case of a reportable disease or if there is increased absenteeism.