

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 a fever (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 of unknown cause, contact their healthcare provider before sending them to school.
- If they have an illness that prevents them from participating in routine activities.

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

For details, refer to [Hennepin County Infection Disease Fact Sheets \(www.hennepin.us\)](http://www.hennepin.us)



MINNEAPOLIS
PUBLIC SCHOOLS

Disease (link to details)	Symptoms: Your student may have...	Should the student stay home?
Chickenpox (Varicella)	<ul style="list-style-type: none"> ▪ a rash that begins as red bumps ▪ the bumps will blister over and then form scabs ▪ may also have a fever 	Yes. Keep your student home from school until all blisters have dried into scabs. This is usually by day 6 after the rash began.
Cold Sores (Herpes Simplex)	<ul style="list-style-type: none"> ▪ blister-like sores inside the mouth & on the gums. ▪ may have a fever & be fussy 	No. School-aged students do not need to stay home.
Conjunctivitis (Pink Eye)	<ul style="list-style-type: none"> ▪ redness, itching, pain, & drainage from the eyes ▪ may have a fever 	No, unless they have a fever or are not healthy enough to participate in routine activities. Antibiotics or a note from a health care provider is not required to return to school.
COVID Refer to updated guidance from the Minnesota Department of Health	<ul style="list-style-type: none"> ▪ may have a fever, chills, cough, shortness of breath, body aches, headache, vomiting/diarrhea, or loss of taste or smell. ▪ may also be infected and have no symptoms. ▪ it may take 2 to 14 days after exposure for symptoms to start. 	Yes. Keep our student home and away from others until 24 hours after BOTH are true: <ul style="list-style-type: none"> ▪ symptoms are getting better ▪ fever-free without medications Then take extra precautions for the next 5 days.

Disease (link to details)	Symptoms: Your student may have...	Should the student stay home?
Fifth Disease (Parvovirus)	<ul style="list-style-type: none"> ▪ may have a sore throat or a low-grade fever ▪ rash often begins with very cheeks and moves to the arms, upper body, buttocks, & legs ▪ rash on body looks very fine, lacy, & pink. 	No. Students do not need to stay home from school if other rash-causing illnesses are ruled out by a health care provider.
Head Lice	<ul style="list-style-type: none"> ▪ Itching of the head and neck ▪ Eggs (nits) glued to the hair near the scalp ▪ May have crawling lice in the hair ▪ Scratch marks on the head or back of the neck 	No. Your student does not need to stay home from school, but it is recommended that your student be treated for head lice and avoid head-to-head contact with other students.
Impetigo	<ul style="list-style-type: none"> ▪ sores on the skin with a thick golden-yellow discharge that dries, crusts, & sticks to the skin 	Yes. Keep your student home from school if impetigo is confirmed by your health care provider until 24 hours after treatment is started and the sores are drying.
Influenza (the flu)	<ul style="list-style-type: none"> ▪ may have chills, body aches, fever, & headache ▪ may also have a cough, runny or stuffy nose, and sore throat. ▪ Illness may last up to 7 days 	Yes. 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.
Mono (mononucleosis)	<ul style="list-style-type: none"> ▪ may have a sore throat, swollen glands, headache, fever, & sometimes a rash. ▪ may be very tired ▪ less common symptoms may be jaundice (yellowing of the skin or eyes) or enlarged spleen or liver 	No. 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.
Scabies	<ul style="list-style-type: none"> ▪ 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. 	Yes. Keep your student home from school until 24 hours after treatment by a healthcare provider begins.
Strep Throat (Streptococcal Infection)	<ul style="list-style-type: none"> ▪ may have fever, red sore throat, & swollen glands ▪ may have headache ▪ may have stomach pain & vomiting ▪ may have a very fine red rash that feels like sandpaper 	Yes. Keep your student home from school until 12 hours after antibiotic treatment begins & the fever is gone. If the student tests positive for strep but does not have symptoms, they do not need to stay home.