

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. Based on the [General Exclusion Guidelines](#) from the Hennepin County Infectious Diseases Manual. Please Call your Trojan Clinic at 320-839-6181 ext. 141 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**; including their symptoms (fever, cough, sore throat,...) or their diagnosis (strep throat, influenza A/B, etc...) Email absences to:

Your child must stay home if they have:	Your child may return to school:
<ul style="list-style-type: none"> • Fever of 100 degrees fahrenheit or higher (38 degrees Celsius) 	<ul style="list-style-type: none"> • 24 hours fever free, without fever reducing medicine (ie: Tylenol/ acetaminophen/ Advil/ ibuprofen/ etc..)
<ul style="list-style-type: none"> • Vomiting (unless determined vomiting is related to a cause other than illness - ie: gagging/extreme coughing/etc...) 	<ul style="list-style-type: none"> • 24 hours after last episode of vomiting
<ul style="list-style-type: none"> • Diarrhea (causes an accident, is greater than 2 episodes above what is normal for the child, within a 24 hour period) 	<ul style="list-style-type: none"> • 24 hours after last episode of diarrhea
<ul style="list-style-type: none"> • Rash that is not yet diagnosed 	<ul style="list-style-type: none"> • Feels well enough to fully participate in school and can control/cover any secretions.

ILLNESS	SIGNS and SYMPTOMS	CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
Chickenpox (varicella) 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)	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 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 Exclude until symptoms improve, and fever free without fever reducing Medication using above guidance.	Close contact with some who is infected, breathing, coughing, sneezing, and touching contaminated surfaces.
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.	NO Exclude until fever free for 24 hours and blisters are scabbed. If no fever return to school.	Direct contact with mouth and nose secretions or stool of infected persons.

Ortonville Public Schools - Trojan Clinic Health Services

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<p>Head Lice <i>(not an illness)</i></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>YES Treatment and combing is strongly recommended. Health staff may check a student's hair once returned to school.</p>	<p>Direct contact with a Person's hair, comb/brush, bedding, helmets, hat. Lice do not jump or fly.</p>
<p>Pink Eye (conjunctivitis)</p>	<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>
<p>Influenza - Flu Notify the School Nurse, MDH reportable disease</p>	<p>Sudden onset of fever, headache, muscle pain, body aches, cough, and sore throat.</p>	<p>NO Exclude from school until fever free for 24 hours and well enough to participate in normal activities.</p>	<p>Coughing, sneezing, and direct contact with mouth or nose secretions, and contaminated surfaces.</p>
<p>Measles Notify the School Nurse, MDH reportable disease</p>	<p>High fever, watery eyes, runny nose, cough. Red blotchy rash appears on the third to seventh day of illness.</p>	<p>NO - Follow directions from MDH Individuals who are a close contact and are not fully immunized for measles may be required to quarantine for 21 days</p>	<p>Coughing, sneezing, breathing contaminated air, touching contaminated surfaces.</p>
<p>Molluscum</p>	<p>Bumps on the face, body, arms, or legs; small, pale, shiny, and dome-shaped, may be flesh colored, white, or pink, sometimes a dimple on top.</p>	<p>YES Your child may go to school, but should cover bumps with clothing or bandage to avoid spreading it to others.</p>	<p>Skin to skin contact.</p>
<p>Mononucleosis (Mono)</p>	<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>
<p>Norovirus</p>	<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>
<p>Ringworm</p>	<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,</p>	<p>NO Exclude until 24 hours after treatment begins. Cover the infected area with clothing or a bandage.</p>	<p>Direct contact with an infected person or contaminated objects/clothing.</p>

Ortonville Public Schools -Trojan Clinic Health Services

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RSV (Respiratory Syncytial Virus)	Cough, watery eyes, fever, runny nose, stuness, sneezing. Symptoms may last for 7 days. Severe RSV may cause lung congestion.	NO Exclude from school until fever free for 24 hours and the student is well enough to participate in normal activities.	Coughing, sneezing, and direct contact with mouth or nose secretions, and contaminated surfaces.
Scabies	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.	NO Exclude from school until 24 hours after treatment begins.	Scabies mite is transferred by direct contact with skin or shared bedding, towels, or clothing of an infected person.
Streptococcal Infection (strep throat/scarlet fever)	Sore throat, fever, swollen glands, headache, nausea and/or vomiting. Scarlet Fever - fine "sandpaper" rash that starts with sore throat.	NO Exclude from school until 12 hours after antibiotic treatment begins, and fever free for 24 hours.	Coughing, sneezing, and direct contact with mouth or nose secretions, and contaminated surfaces.
Whooping Cough (pertussis) 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 directions 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.
This is not an all inclusive list. Please see Infectious diseases in childcare settings and schools manual			