

## CONTAGIOUS DISEASES

Disease/Symptoms	How Does it Spread?	When to Return to School
<p><b>Chicken Pox (Varicella)</b> Fatigue, fever. Rash and itchy blisters that spread over body. Blisters will dry and scab over.</p>	<ul style="list-style-type: none"> <li>• Airborne or respiratory droplets from coughing.</li> <li>• Direct contact with drainage from blisters, saliva, or mucus.</li> <li>• Indirect contact with contaminated items</li> <li>• Contagious 2 days before and 5 days after rash appears</li> </ul>	<ul style="list-style-type: none"> <li>• May attend when blisters have scabbed over and no further drainage is noted.</li> <li>• Minimum of 5 days after rash appears.</li> </ul>
<p><b>Common Cold</b> Runny nose, cough, sneezing, sore throat. Sometimes fever.</p>	<ul style="list-style-type: none"> <li>• Droplets from coughing or sneezing</li> <li>• Direct contact with throat or nose secretions</li> <li>• Indirect contact with contaminated items</li> </ul>	<p>Refer to <b>Guidelines by Symptom</b> on school district Health Services webpage</p>
<p><b>Covid-19</b> Flu-like symptoms. Possibly: fever, chills, nasal congestion, headache, body aches, severe fatigue, sore throat, nausea or vomiting, diarrhea, shortness of breath</p>	<ul style="list-style-type: none"> <li>• Droplets from coughing or sneezing</li> <li>• Airborne small particles when breathing, talking or singing</li> <li>• Possible to transmit 2 days before and up to 10 days after symptoms begin</li> </ul>	<p>Refer to <b>Guidelines by Symptom</b> on school district Health Services webpage.</p>
<p><b>Diarrheal Diseases</b> Loose, frequent stools Vomiting, abdominal pain or fever may be present</p>	<ul style="list-style-type: none"> <li>• Direct or indirect contact with feces</li> <li>• Consumption of water or food contaminated with feces</li> </ul>	<ul style="list-style-type: none"> <li>• Must stay home for at least 24 hours after last episode</li> <li>• Diagnosis of Salmonella, E.coli, or Shigella require exclusion from school until cleared by Benton County Health Department.</li> </ul>
<p><b>Fifth Disease</b> Bright red cheeks, blotchy rash on arms/legs that fades and recurs. Runny nose, sore throat, low grade fever, headache, loss of appetite</p>	<ul style="list-style-type: none"> <li>• Droplets from coughing or sneezing</li> <li>• Most contagious before onset of rash</li> </ul>	<ul style="list-style-type: none"> <li>• When flu-like symptoms are gone and the rash is fading, or</li> <li>• With a note from a medical provider</li> </ul>

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<p><b>Hand, Foot, &amp; Mouth</b> Sudden onset fever, sore throat and lesions that typically affect mouth, hands, feet and/or genitals</p>	<ul style="list-style-type: none"> <li>• Direct contact with lesions or feces</li> <li>• Contagious during symptoms and potentially for several weeks afterward in stool.</li> </ul>	<ul style="list-style-type: none"> <li>• When blisters have healed</li> <li>• Or with written permission from health care provider</li> </ul>
<p><b>Head Lice</b> Itchy scalp, visible lice or oval eggs in hair near scalp, especially at neckline or behind ears.</p>	<ul style="list-style-type: none"> <li>• Direct contact with infected person.</li> <li>• (Rarely) indirect contact with infected items</li> <li>• Can spread only when live bugs are present.</li> </ul>	<p>Active adult lice should be treated before returning to school. Treatments will kill adults, but may not kill eggs (nits). Re-treatment may be necessary. Student does not have to be “nit-free” before returning to school.</p>
<p><b>Hepatitis A &amp; E</b> May have jaundice, sudden onset loss of appetite, fever, nausea, right upper abdominal discomfort, dark urine, clay-colored stools *May have no symptoms</p>	<ul style="list-style-type: none"> <li>• Direct contact with feces</li> <li>• Consumption of water or food contaminated with feces</li> <li>• Contagious for the 2 weeks before and 2 weeks after symptom onset</li> </ul>	<p>May attend only with clearance from local public health authority (Benton County Health Dept.)</p>
<p><b>Hepatitis B &amp; C</b> Fever, headache, fatigue, vomiting, aching, loss of appetite, dark urine, abdominal pain, clay-colored stools and jaundice.</p>	<ul style="list-style-type: none"> <li>• Contamination with Infectious bodily fluid, via</li> <li>• Needles, bites, sexual contact, mother-to-baby</li> <li>• Transmission window is variable</li> </ul>	<p>Follow <b>Guidelines by Symptom</b> on school district Health Services webpage. No other restriction unless students poses significant risk to other people, (for example, with biting or spitting).</p>
<p><b>Impetigo</b> Honey-crusts sores, often around the mouth and nose</p>	<ul style="list-style-type: none"> <li>• Direct contact with drainage from sores</li> <li>• Contagious as long as sores are draining</li> </ul>	<p>Sores must be dry and crusted with no drainage OR with written permission from health care provider.</p>
<p><b>Influenza (flu)</b> Mild to severe illness: fever, chills, cough, shortness of breath, fatigue, body aches, headache, sore throat, nasal congestion and/or GI symptoms</p>	<ul style="list-style-type: none"> <li>• Droplets from coughing or sneezing</li> <li>• Contagious 1-2 days before symptoms and up to 5 days (or more) afterward</li> </ul>	<p>Follow <b>Guidelines by Symptom</b> on school district Health Services webpage.</p>

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<p><b>Measles</b> Fever, eye redness or discharge, runny nose, cough. 3-7 days later, dusky red rash that starts at hairline and spreads down Koplik spots in mouth</p>	<ul style="list-style-type: none"> <li>• Airborne small particles when breathing, talking, or singing.</li> <li>• Droplets from coughing, sneezing</li> <li>• Contagious for 4 days before and 4 days after rash begins</li> </ul>	<p>May only attend with clearance from local public health authority (Benton County Health Department).</p>
<p><b>Mononucleosis (Mono)</b> Fever, sore throat, swollen lymph nodes, fatigue, and abdominal pain</p>	<ul style="list-style-type: none"> <li>• Direct contact with saliva</li> <li>• May be contagious for several months</li> </ul>	<ul style="list-style-type: none"> <li>• Refer to <b>Guidelines by Symptom</b> on school district's Health Services webpage</li> <li>• May benefit from withdrawal from PE/activities.</li> </ul>
<p><b>Mumps</b> Painful swelling of neck and facial glands, fever, and possible abdominal pain</p>	<ul style="list-style-type: none"> <li>• Direct contact with nose and throat secretions</li> <li>• Droplets from coughing or sneezing</li> <li>• Contagious 2 days before symptoms through 5 days afterward.</li> </ul>	<p>May only attend with clearance from local public health authority (Benton County Health Department).</p>
<p><b>Pertussis (Whooping Cough)</b> Begins with cold-like symptoms and may progress to violent coughing fits with difficulty breathing. Vomiting possible, but more common in older children and adults.</p>	<ul style="list-style-type: none"> <li>• Direct contact with nose or throat secretions</li> <li>• Droplets from coughing or sneezing</li> <li>• Contagious just before cold symptoms to about 3 weeks afterward. Even with antibiotic treatment, still communicable for 5 days.</li> </ul>	<p>May only attend with clearance from local public health authority (Benton County Health Department).</p>
<p><b>Pink eye/conjunctivitis</b> Eyes tearing, itching, irritated (gritty) and red. Eyes may have yellow discharge.</p>	<ul style="list-style-type: none"> <li>• Direct contact with infectious saliva or eye secretions</li> <li>• Indirect contact with infected items</li> <li>• Can spread as long as drainage is present</li> </ul>	<p>Eye redness alone is not reason to miss school. However, a student with yellow discharge/crustiness or irritation that is distracting should stay home until symptoms improve.</p>

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<p><b>Pinworms</b> Anal itching Sometimes there are no symptoms</p>	<ul style="list-style-type: none"> <li>• Direct contact with eggs by hand-from-anus-to-mouth of infected person</li> <li>• Indirect contact with infected items.</li> </ul>	<p>Not a reason to be excluded from school unless itching is too distracting or causes bowel issues.</p>
<p><b>Scabies</b></p> <ul style="list-style-type: none"> <li>• Intense itching, raised small red or pus-filled sores.</li> <li>• Common between fingers, behind knees, around waist, on arms</li> </ul>	<ul style="list-style-type: none"> <li>• Direct skin contact</li> <li>• Indirect contact with infected items</li> </ul>	<p>May not attend school until without written permission from health care provider</p>
<p><b>Shingles (Herpes Zoster)</b> Painful, itchy, and/or tingly rash that usually develops on one side of the face or body. Produces blisters that scab over in 7 -10 days Fever, nausea, headaches also possible.</p>	<p>Shingles itself is not contagious. However, drainage from a Shingles blister contains the Varicella (Chickenpox) virus. Direct contact with drainage can cause Chickenpox in a non-immune person.</p>	<p>Rash/blisters should be completely dried/scabbed or be completely covered.</p>
<p><b>Staph Skin Infections</b> Draining sores, slight fever, aches and headache. Affected area may be red, warm and/or tender</p>	<ul style="list-style-type: none"> <li>• Direct contact with drainage from a sore.</li> <li>• Indirect contact with infected items.</li> </ul>	<p>Sores/lesions must be dry/crusted</p>

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<p><b>Strep Throat &amp; Scarlet Fever</b> Bacterial infection that causes severe sore throat, fever, swollen tonsils, tender neck glands, bad breath, nausea.</p> <p><b>Scarlett Fever</b> is strep throat with a rash that typically starts on the neck and chest.</p>	<ul style="list-style-type: none"> <li>• Respiratory droplets from talking, coughing, or sneezing.</li> <li>• Direct contact with nasal and throat secretions</li> <li>• Some people are carriers with no symptoms.</li> </ul>	<p>OK to return after a full 24 hours of antibiotics unless fever persists.</p> <p>OR</p> <p>Refer to <b>Guidelines by Symptom</b> on district's Health Services page.</p>
<p><b>Tuberculosis (TB)</b> Fatigue, weight loss, fever, night sweats, cough, chest pain, hoarseness, and coughing up blood in later stages.</p>	<p>Primarily by airborne droplets from coughing, sneezing, talks, or sings. Infected person must have active TB to be contagious.</p>	<p>May only attend with clearance from local public health authority (Benton County Health Dept.)</p>