

Disease	Symptoms	Incubation Period	School Action and comments on communicability	Source of Infection and Mode of Transmission
Impetigo	Itchy, red sores that may fill with pus or clear fluid and drains. Sores may leak a golden-yellow fluid that dries, crusts and sticks to skin.	1-10 days after a person is exposed until symptoms develop.	Exclude from school until 1. Sores have been treated with antibiotics for 24 hours AND 2. Sores are dried and/or covered.	A bacterial skin infection spread by touching fluid from infected sores or contaminated objects.
Mononucleosis	Fever, sore throat, tiredness, and swollen glands, especially behind the neck. Sometimes there is a rash. Young adults may have jaundice.	4 to 6 weeks after exposure	1. Restrict only according to doctor's orders. 2. From many weeks to a year or more. Some adults are carriers.	Person-to-person through saliva. Spread can occur by direct contact, such as kissing, or through items such as toys that are contaminated with saliva.
Pink Eye (Conjunctivitis)	Includes redness, itching, pain and discharge, depending on cause. Bacterial conjunctivitis can sometimes be distinguished from other forms of conjunctivitis by a more purulent (pus) drainage.	1 to 3 days after exposure for symptoms to begin with.	1. No exclusion unless child has a fever or is not healthy enough to participate in routine activities. 2. Contagious until the active infection passes. Encourage not to rub eyes and encourage handwashing.	Cause for conjunctivitis is bacterial, viral, allergies or chemicals. Bacterial and viral infections can be spread by contact with the secretions from the eyes, nose, and mouth. The American Academy of Pediatrics recommends treating conjunctivitis like the common cold- both diseases are easily spread among children and both resolve without treatment. Parents/ guardians should call their healthcare provider if child has redness of eyes and/or eyelids with pus and/or fever or eye pain.
Ringworm (Tinea Corporis)	Appears as flat, spreading ring-shaped lesions. The edge of the lesion may be dry and scaly or moist and crusted. As the lesion spreads outward, the center often becomes clear .	4 to 10 days after exposure for symptoms to appear.	1. Exclude from school until 24 hours after treatment has been started. 2. Contagious as long as infected lesions are present. 3. Communicability is reduced after treatment is started.	Ringworm is a fungal infection that can be spread by direct contact with lesions of an infected person or pet, or from contaminated objects.
Scabies	Rash and intense itching which may be more severe at night. Common locations to see the rash are folds of skin between fingers, around wrists, elbows, and armpits.	2 weeks to 2 months from the time a person is exposed.	1. Exclude from school until 24 hours after treatment begins. 2. Contagious from time a person acquires the mites (before rash appears) until 24 hours after treatment begins.	Scabies is an infestation caused by tiny mites which burrow and lay eggs under the skin. They are spread by prolonged direct contact with skin or through shared bedding, towels, and clothing of a person with scabies.
Strep Throat	Fever, sore throat, swollen glands, headache. If associated with a rash it is called Scarlet Fever.	2 to 5 days	1. Exclude from school a full 12 hours after treatment begins and without a fever for 24 hours. 2. Contagious until at least a full 12 hours after treatment begins.	Streptococcus bacteria is spread person- to- person from nose and throat secretions of infected persons (those with and without symptoms).

Is My Child Well Enough To Go To School?



Many parents/guardians have questions regarding when to keep children home or send them to school. The following information is intended to help parents with this decision.

GENERAL PRACTICE:

- **If your child has had a fever of 100 degrees or more, the child should stay home for 24 hours after the temperature returns to normal.**
- **If your child has vomited or had diarrhea, the child should stay home until 24 hours after the last episode.**
- **If your child has any rash that may be disease related or you do not know the cause, check with your family physician before sending the child to school.**
- **If your child is ill, please call the school to report illness.**

If you have any questions regarding the above information or your child's illness, please call your school, nurse, family physician, or Wright County Public Health at 1-800-362-3667.

REFERENCES:

Infectious Diseases in Child Care Settings & Schools Manual:
<https://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases/specific-exclusions-schools.pdf>

Annandale Public Schools Student Handbook

Reviewed/Updated August, 2025

COMMON CONCERNS PARENTS HAVE ABOUT THE HEALTH OF THEIR SCHOOL AGE CHILD

Disease	Symptoms	Time after exposure before symptoms start	School Action and comments on communicability	Source of Infection and Mode of Transmission
Cold Sores (Herpes Simplex)	Fluid-filled blisters appear on the lips and face. Usually crust and heal within a few days.	2-12 days from the time a person is exposed until symptoms occur.	1. No restriction. 2. Virus may be present for 5 to 7 days; sometimes for months.	Virus is spread by close person-to-person contact, such as through direct contact with saliva or sores.
Common Cold/ Respiratory Illness	Runny nose, sneezing, chills, tiredness, fever, muscle aches, sore throat and cough which may last two to seven days.	Up to 10 days after exposure for symptoms to develop.	1. Exclude until a child is without a fever for 24 hours. 2. Contagious from shortly before and while having symptoms.	Person-to-person by direct contact with secretions from the nose and mouth. Spread also occurs from hands, tissues, or other items soiled with nose and mouth secretions from an infected person.
Fifth Disease (Parvovirus)	May start with sore throat, low grade fever. Lacy red rash "slapped cheek" look begins on face, may spread to arms/body.	4-21 days after exposure	Rash must be confirmed by a doctor and clearance letter provided to school to rule out other look-alike infectious diseases.	Virus spread by coughing, sneezing or touching contaminated surfaces. Contagious before rash appears. Once rash appears, no longer contagious.
Hand, Foot, and Mouth Disease	Blister-like rash in the mouth. May have rash on palms and fingers of hands, bottom of feet or buttocks. Runny nose, low-grade fever, sore throat.	3-6 days	Exclude until fever free and healthy enough for routine activities. Sores or rash may still be present.	Virus is spread by coughing and sneezing as well as by touching hands, objects or contaminated surfaces and less often by touching fluid from blisters. More common in younger children, it can be spread through contamination of objects by stool from an infected person and enter another person when contaminated hands, food or objects are placed in the mouth.
Head Lice (Pediculosis)	Itching of the scalp and neck. Look for: 1. Crawling lice in the hair; 2. Eggs (nits) glued to the hair; 3. Scratch marks on scalp or back of neck at hairline.	Variable, eggs hatch in one week.	1. Exclude until first treatments completed and no live lice are seen. 2. Contagious until treated with a lice-killing medication.	Lice are spread by direct person-to-person contact and by sharing personal items such as combs, brushes, hats, scarves, jackets, blankets, sheets, pillowcases, etc. Lice do not jump or fly; they crawl and can fall off the head. Head lice do not live longer than 48 hours off the head. They only lay their eggs while on the head.
Influenza	Chills, body ache, headache, fever, sore throat, followed by cough, runny nose, and possibly stomach ache.	24-72 hours	Exclude from school until: 1. Fever-free 24 hrs. (without using fever reducing medicine) AND 2. Symptoms are improving (usually 2-7 days.)	Virus spread directly through coughing, sneezing, and contact with nose or throat discharges of patient. Possibly airborne.