

## Illness Procedure/Guidelines

Sometimes it can be difficult for a parent to decide whether to send children to school when they wake up with early symptoms of an illness or complaints that they do not feel well. Here are some guidelines for situations when it is best to keep your child home for a day to rest or to arrange for an appointment with your health care provider.

**Please do not bring your child to school under the following circumstances:**

*He/she has a fever (99.5) or has had one within a 24 hour period.*

*He/she has experienced vomiting or diarrhea within a 24 hour period*

*He/she has had a cold less than 48 hours (although symptoms may not be severe, this is the most contagious stage).*

*He/she has a heavy nasal discharge.*

*He/she has a significant/constant cough. (Not related to allergies or asthma; if your child has a special condition, please notify the teacher.)*

*He/she is too sleepy or uncomfortable to profit from the classroom environment.*

*(If your child is miserable at home, he/she will be even more so at school.)*

Certainly it is not reasonable to keep children home at the sign of every cough or snuffle. Your child may come to school if he/she is experiencing mild cold symptoms. Keep in mind, however, these symptoms often change quickly. If you bring your child to school with mild symptoms, please provide phone numbers where you can be reached should your child become more ill and require early dismissal.

**If your child contracts any of the following illnesses, please see your health care provider and follow the listed guidelines:**

Illness	Symptoms	Guidelines
Body Rash <u>with</u> Fever (99.5)	Any rash that spreads quickly, has open, weeping wounds and/or is not healing.	Seek medical advice. Signed statement from physician needed indicating when child may return to school.
Pink Eye / Conjunctivitis	Eyes are red, irritated, crusted, and light bothers them.	May return to school 48 hours after medication is started.
Strep Throat	Sore throat that persists longer than 48 hours, sometimes with fever, sometimes white patches in the throat area; swollen glands, sometimes upset stomach/nausea.	May return to school 48 hours after medication is started.
Scarlet Fever	A form of streptococcal infection, rash begins on the neck and face, spreads to back and chest, is accompanied by fever and sometimes symptoms of strep throat.	May return to school 48 hours after medication is started.
Impetigo	Pimple filled with fluid, usually around the nose and mouth area. Will ooze and spread to other areas. <b>Highly contagious.</b>	May return to school 48 hours after medication is started <b>and all lesions are dry.</b>
Head Lice	Cause the head to feel itchy - may find this is worse behind the ears or on the back of the neck. However, one can have head lice for up to three months before noticing any itchiness. Other symptoms: nits stuck to hairs as they grow out; pillows being dirtier due to louse droppings	Child must be nit free before returning to school. The teacher must confirm that the child is nit-free on their first day returning. For information on treatment contact the Health Department.

Scabies (Mites)	Under the skin (body lice), skin may show small insect-type bites on it, or the lesions may look like pimples; frequently occurs in the crevasses of the body such as between the fingers and toes, the buttocks, the elbows; burrows may be seen (a short S-shaped track that indicates the mite's movement under the skin)	Seek medical advice. Signed statement from physician needed indicating when child may return to school.
Chicken Pox	Red, itchy rash on the skin that usually appears first on the abdomen or back and face; begins as multiple small, red bumps that look like pimples or insect bites, then develops into thin-walled blisters filled with clear fluid. Some children experience a fever, abdominal pain, sore throat, headache, or a vague sick feeling.	May return to school after <b>all</b> scabs are dry. Contagious stage begins 2 days prior to rash appearing. If the child has not experienced fever or other significant symptoms prior to rash, other students may have been exposed. <b>Please notify teachers if your child has contracted this illness.</b>
Fifth Disease (Slap Cheek)	Virus that can last 1-2 weeks. Blotchy rash on cheeks and all over body; can be itchy. Symptoms include low fever, fatigue, joint aches.	The virus of Fifth Disease is spread mostly by droplets. This means that when an infected person coughs or sneezes, the virus can be spread. However, once the rash is present, the person is usually no longer infectious and need not be isolated. If the child has not experienced fever or other significant symptoms prior to rash, other students may have been exposed. <b>Please notify teachers if your child has contracted this illness.</b>
Coxsackie Virus (Hand, Foot, and Mouth Disease)	Virus that can last 1-3 weeks. Poor appetite, runny nose; (sometimes sore throat, fever, muscle aches, upset stomach/nausea); 1-2 days after initial symptoms painful red blisters develop in the throat and on the tongue, gums, hard palate, inside of the cheeks, and in the palms of hands and on the soles of feet.	Virus is very contagious and is passed from person to person on unwashed hands and surfaces. It can also be spread by droplets. This means that when an infected person coughs or sneezes, the virus can be spread. A person is contagious when the first symptoms appear and <b>may continue to be contagious until the blister-like skin lesions disappear.</b> The virus has been known to be shed in the stool for up to several weeks. If the child has not experienced fever or other significant symptoms prior to the rash, other students may have been exposed. <b>Please notify teachers if your child has contracted this illness.</b>  May return to school after <b>all</b> skin lesions have disappeared.
Ringworm	Fungal infections that are on the surface of the skin; often produces round red, scaly spots; typically causes thickening of skin in affected area; these spots have an "active" outer border as they slowly grow and advance.	May return to school immediately after medication is started. Keep area covered for the first 48 hours of treatment.
Vaccine Preventable Diseases	Measles, Mumps, Rubella, Whooping Cough, Hepatitis A	Seek medical advice. Signed statement from physician needed indicating when child may return to school.
Thrush	Creamy white, slightly raised lesions in the mouth—usually on the tongue or inner cheeks—but also sometimes on the roof of the mouth, gums, tonsils, or back of the throat; sometimes pain or difficulty swallowing, sometimes fever.	Thrush is not contagious. Your child can go to school with thrush, however, it is important to seek medical advice as it can spread to other parts of the body, including the lungs, liver, and skin.