

Am I well enough to go to school?

PLEASE KEEP YOUR CHILD HOME IF:

- They have a fever of 100 degrees or more in the last 24 hours. Keep your child home from school until 24 hours after fever is gone (without the aid of fever reducing medicine).
- Frequent cough
- Vomiting (x2) or diarrhea within the past 24 hours
- Heavy, greenish or yellow nasal discharge
- Undiagnosed rashes
- Overly tired
- Fussy, cranky, generally not self
- Untreated live head lice
- Recent loss of sense of smell or taste

Common Communicable Illnesses of Childhood

If your child is diagnosed with a communicable disease, please report the diagnosis to your campus health office within 24hrs.

| Disease | Symptoms | Contagious Period | When must your child stay at home?* | How do you catch this disease? |
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| Chickenpox (Varicella) | Your child will have a rash that begins as red bumps. The bumps will blister over and then form scabs. Your child may also have a fever. | From 1-2 days before the rash begins until all blisters have become scabs. | If your child has chickenpox they need to stay home. Continue to keep your child home from school until all blisters have dried into scabs. This is usually by day 6 after the rash began. | <ul style="list-style-type: none"> • By touching the blister fluid or secretions from the nose or mouth of a person with chickenpox. • From infected coughs or sneezes |
| Cold Sores (Herpes Simplex) | The first time a child is infected there may be blister-like sores inside the mouth & on the gums. Your child may have a fever & be fussy. The cold sores & blisters may occur many times in a person's life. | First infection: Up to 2 weeks, sometimes longer. Recurring infection: 3-5 days. | <u>NIDO & CASA</u> : Keep your child home if they have a first-time infection. Your child can return when the sores in the mouth have healed. Your child does not need to stay home if they are having a recurring infection. <u>ELEM & CREO</u> : Do not need to stay home if fever-free. | <ul style="list-style-type: none"> • By having direct contact with saliva, commonly by kissing. • By touching the fluid from the blisters or sores |
| Conjunctivitis (Pink Eye) | Your child may have redness, itching, pain, & drainage from the eyes. Your child may have a fever. | While symptoms are present. | Keep your child home from school if fever present or your child is not healthy enough to participate in routine activities. Antibiotics or a note from a health care provider is not required to return to school. | <ul style="list-style-type: none"> • By touching secretions from the eyes, nose, or mouth. • By touching hands, objects, or surfaces contaminated with secretions. |
| COVID-19 | Your child may have a fever, chills, cough, shortness of breath, body aches, headache, vomiting/diarrhea, or a new loss of taste or smell. Your child may also be infected and have no symptoms. If your child has been infected, it may take 2 to 14 days for symptoms to start. | If your child has symptoms: From 2 days before to 10 days after the symptoms started. If your child never had any symptoms: from 2 days before | Keep your child home until all the following are true: <ol style="list-style-type: none"> 1. It has been 5 days since symptoms first started (or 5 days since a test was taken if your child does not have any symptoms). 2. Until 24 hours after fever is gone (without the use of a fever reducing medicine). 3. Symptoms are improving. | <ul style="list-style-type: none"> • By close contact with some who is infected. • By breathing, coughing, and sneezing. • Cases with no symptoms can still spread disease to others. |

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| | | to 10 days after the test was taken. | Families may decide to follow the recommendation of having their child wear a mask for 10 days after symptoms started (or 10 days after test was taken if your child does not have symptoms). | |
| Fifth Disease (Parvovirus) | Your child may have a sore throat or a low-grade fever. A rash may develop causing very red cheeks. The rash often begins on the cheeks and moves to the arms, upper body, buttocks, & legs. The rash looks very fine, lacy, & pink | Until the rash appears. | Children do not need to stay home from school if other rash-causing illnesses are ruled out by a health care provider. Persons with fifth disease are unlikely to be contagious once the rash appears | <ul style="list-style-type: none"> • From infected coughs or sneezes • By touching hands, objects, or surfaces contaminated with the virus. |
| Hand Foot & Mouth Disease | Blister-like rash that occurs on the hands, feet and in the mouth. It may be on the sides of the tongue, inside the cheeks, and on the gums. It may also be found on the palms and fingers of the hand, on the bottom of the feet, or on the buttocks. These sores may last 7 to 10 days. Your child may also have a runny nose, low-grade fever, and sometimes a sore throat. If your child is infected, it may take 3 to 6 days for symptoms to start. | Most contagious during the first week of illness but can continue to spread the illness for several weeks after symptoms. | Keep your child home from childcare and school until fever is gone (without the use of a fever reducing medicine) and child is healthy enough for routine activities. Sores or a rash may still be present. | <ul style="list-style-type: none"> • By coughing and sneezing. • By touching hands, objects, or surfaces contaminated with stool. • By touching fluid from the blisters. |
| Head Lice | Itching of the head and neck. Look for: 1. Crawling lice in the hair. 2. Eggs (nits) glued to the hair, often found behind the back of the neck. 3. Scratch marks on the head or back of the neck at the hairline | Until treated with a lice killing product (may become contagious again if nits are not removed). | Your child should stay home until they have been treated with a lice killing product. They may not need to be sent home if lice were discovered during the school day unless their symptoms were unmanageable. * Your child should be encouraged to avoid head-to-head contact with other children | <ul style="list-style-type: none"> • By head-to-head contact. • By sharing personal items that come in contact with the head (combs, brushes, hats, etc.). |
| Impetigo | Your child may have sores on the skin. The sores can produce a thick golden-yellow discharge that dries, crusts, & sticks to the skin. It usually begins at a break in the skin & can start near a cut or insect bite | Until sores are healed or the person has been treated for at least 24 hours. | Keep your child home from school if impetigo is confirmed by your health care provider. Your child will need to stay home until 24 hours after treatment is started and/or the sores are drying. | <ul style="list-style-type: none"> • By touching the fluid from the sores. • By touching contaminated objects (for example clothing, bedding, towels) |
| Influenza | Your child may have chills, body aches, fever, & headache. Your child may also have a cough, runny or stuffy nose, and sore throat. Illness may last up to 7 days. | During the 24 hours before & up to 7 days after the illness begins. | Keep your child home from school until 24 hours after fever is gone (without use of fever reducing medicine) & your child is healthy enough for routine activities. | <ul style="list-style-type: none"> • By coughing or sneezing • By touching contaminated hands, objects, or surfaces |
| Mononucleosis (Mono) | Your student may have a sore throat, swollen glands, headache, fever, & sometimes a rash. Your student may be very tired. Less common problems include jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver. | For several weeks or longer. | 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. | <ul style="list-style-type: none"> • By kissing or sharing items contaminated with saliva. |
| Respiratory Syncytial Virus (RSV) | Your child may have a cough, watery eyes, runny nose or stuffiness, or sneezing. Symptoms may last for 7 days. People with severe RSV may wheeze | For 3 to 8 days after symptoms start. Some infants can | Keep your child home until fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities. | <ul style="list-style-type: none"> • By coughing or sneezing. • By touching contaminated hands, objects, or surfaces. |

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| | and/or have lung congestion. RSV can be serious for premature babies and people with heart, lung, or immune system problems. If your child is infected, it may take 2 to 8 days for symptoms to start. | spread RSV for up to 4 weeks. | | |
| Ringworm (Athlete's Foot) | Body - Flat, spreading, round, red shapes (lesions) on the skin. Feet - Patchy scaling or cracking of the skin blisters. Itching is common. Scalp - Begins as a small scaly patch on the scalp & may cover more of the head. Mild redness, swelling, itching, & pus-filled bumps may occur. Infected hairs can become brittle and break easily. | If you can see the ringworm on your child's skin. Once rash starts shrinking & treatment has begun, your child is less contagious | Keep your child home from school until treatment has been started. Activities: Limit gym, swimming, & other close contact activities if the lesion cannot be covered or until 72 hours after treatment has begun. Sports: Athletes should follow their health care provider's recommendations & the specific sports league rules | <ul style="list-style-type: none"> • By touching the infected skin of a person or pet (usually dogs and cats). • By sharing or touching contaminated objects like hats, hairbrushes, clothing, furniture, shower stalls, swimming pool decks, locker room benches, or floors |
| Roseola | Your child may have a high fever that starts suddenly and lasts for a few days. As the fever breaks, a rash may appear on your child's belly, chest, back, and neck. It may later spread to the rest of the body. Even with a rash, your child may still feel alright. Illness may last up to 7 days. If your child is infected, it may take 9 to 10 days for symptoms to start. | Most likely during the fever and before the rash appears. | Keep your child home from school until the fever is gone and other rash illnesses, especially measles, have been ruled out. | <ul style="list-style-type: none"> • By cough or sneezing. • By touching the secretions from the nose or mouth. |
| Strep Throat (Streptococcal Infection) | Your child may have a fever that starts suddenly; a red, sore throat; & swollen glands. Headache may occur. Children may have stomach pain & vomiting | Until 12-24 hours after antibiotic treatment begins. | Keep your child home from school until: <u>NIDO & CASA</u> : 24hrs, <u>ELEM & CREO</u> : 12 hours after antibiotic treatment begins & the fever is gone. Children who test positive for strep, but do not have symptoms, do not need to be excluded. | <ul style="list-style-type: none"> • By coughing or sneezing. • By touching contaminated hands, objects, or surfaces |
| Viral Gastroenteritis ("Stomach Flu") | Viral gastroenteritis is an inflammation of the inside lining of your gastrointestinal tract. It can be caused by rotavirus, norovirus, adenovirus, and other viruses. Symptoms of viral gastroenteritis often begin about 1 to 2 days after the virus gets into the body and may include nausea, vomiting, watery diarrhea, headache, fever, chills, and stomachache. | The illness can spread as long as germs are in the stool. This will vary depending on the type of infection. | Keep your child home until all the following are true: 1. It has been 24 hours since diarrhea and/or vomiting has stopped; 2. Until 24 hours after fever is gone (without the use of a fever reducing medicine). 3. Your child is healthy enough for routine activities, they are not displaying signs or symptoms of dehydration, and they are able to tolerate an advancing diet. <i>Please also follow the guidelines for the specific germ if your child was tested and the germ is known.</i> | <ul style="list-style-type: none"> • By eating or drinking food or beverages contaminated with stool or vomit. • By touching hands, objects, or surfaces that have been contaminated with stool or vomit. |

*Guidelines for exclusion from school programming are subject to change.