

ILLNESS GUIDELINES: HOW SICK IS TOO SICK?

There are three main reasons to keep sick children and adults at home:

1. The child or staff does not feel well enough to take part in normal activities. For example, your child is overly tired.
2. The child needs more care than teachers and staff can give while still caring for other children.
3. The child or staff member has symptoms or an illness is on this list, and staying home is required.

Remember, the best way to stop the spread of infection is through good hand washing and staying home when sick.

**Please note that the school reserves the right to send students home based on presentation of symptoms that are consistent with school illnesses currently present within the school.*

Guidance for SYMPTOMS NOT Due To A Specific Disease	Child OR Staff Must Be at Home?
<p>DIARRHEA</p> <p>Frequent, loose, or watery stools compared to normal ones that are not caused by food or medicine.</p>	<p>Yes - if child or staff looks or acts sick; if child or staff has diarrhea with fever and isn't acting normally; if child or staff has diarrhea with vomiting (throwing up); OR if child or staff has diarrhea that cannot be contained in the diaper or the toilet. *Child and/or staff must be symptom free for at least a full 24 hours before returning to school. If lasting longer than 24 hours, seek medical advice.</p>
<p>*FEVER of 100.4°F and over, with behavior change or other illness.</p>	<p>Yes – Child or staff member must stay home until symptom-free for at least a full 24 hours, without medication unless the fever is caused by an illness that requires them to say home longer. If symptoms last longer than 24 hours, seek medical advice.</p>
<p>RESPIRATORY ILLNESS SYMPTOMS</p> <p>Fever 100.4°F and over, with a cough or sore throat. Other flu symptoms can include tiredness, body aches, vomiting and diarrhea</p>	<p>Yes - for at least 24 hours after the fever is gone, <u>without the use of medicine that reduces the fever</u> (Acetaminophen or Ibuprofen) and until symptoms are improving. If symptoms last longer than 24 hours, seek medical advice.</p>
<p>COUGHING</p> <p><u>Note:</u> Children with asthma may go to school with a written health care plan and the school is allowed to give them medicine and treatment</p>	<p>Yes - if the coughing is severe, uncontrolled OR child or staff has wheezing, rapid or trouble breathing and medical attention is needed. If cough is new, unexplained and inconsistent with baseline (normal health) seek doctor advice.</p>
<p>Mild RESPIRATORY OR COLD SYMPTOMS</p> <p>Stuffy nose with clear drainage, sneezing, mild cough</p>	<p>No – the child or staff may go to school if they are able to take part in school activities.</p> <p><i>Keep home if symptoms are severe. This includes fever and the child or staff is not acting normal and/or has trouble breathing.</i></p> <p>If symptoms are severe, seek medical advice.</p>
<p>RASH</p>	<p>Yes – <i>Rash with fever. Call your doctor.</i> Any rash that spreads quickly, has open, oozing wounds and/or is not healing should be checked by a doctor.</p> <p>No – <i>Rash without fever.</i> A body rash without a fever or behavior changes usually does not need to stay home from school. You can call your doctor for advice.</p>
<p>VOMITING/THROWING UP</p>	<p>Yes - if the person has vomited more than two times in 24 hours, if the vomit appears bloody, if the person has a recent head injury, or if they have other symptoms in addition to the vomiting (such as fever, diarrhea, etc.) then they must be symptom free for at least 24 hours before returning to school. If lasting longer than 24 hours or associated with a recent head injury, seek medical advice.</p>

Guidance for specific ILLNESSES/DISEASE	Child or Staff Must Be at Home?
CHICKEN POX	Yes - until blisters have dried and crusted (usually 6 days), or in immunized people without crusting, until no lesions within 24 hours period.
CONJUNCTIVITIS (PINK EYE) pink color of eye <i>and</i> thick yellow/green discharge	No (bacterial or viral) – children or staff do not need to stay home unless they have a fever or are not able to participate in usual activities. Call your doctor for advice and possible treatment.
CROUP (SEE COUGHING)	Call your doctor for advice. <u>NOTE:</u> Your child or staff may be able to go to school unless they are not well enough to take part in usual activities.
FIFTH'S DISEASE (parovirus)	No - child or staff is no longer contagious once rash appears.
HAND FOOT AND MOUTH DISEASE (Coxsackie virus)	No - unless the child or staff has mouth sores, has uncontrollable drooling and isn't able to take part in usual activities.
HEAD LICE OR SCABIES	Yes - children or staff may stay at school until the end of the day but cannot return until after they have had the first treatment.
HEPATITIS A, SALMONELLA, SHIGELLA, OR SHIGA-TOXIN PRODUCING E. COLI	Yes - children or staff may return to school when cleared by the health department. Children or staff should not go to another facility during the period of exclusion.
HERPES	No - unless there are open sores that cannot be covered or there is uncontrollable drooling.
IMPETIGO	Yes – children or staff need to stay home until 24 hours after antibiotic treatment has started.
RINGWORM	Yes - children or staff may stay at school until the end of the day but cannot return until after they have had the first treatment. Keep the area covered for the first 3 days if participating in sports with person to person contact.
ROSEOLA	No – unless there is a fever or behavior changes.
RSV (Respiratory Syncytial Virus)	No – child or staff can go to school unless they aren't well enough to take part in usual activities and/or they have trouble breathing. Must be fever-free for 24 hours without use of fever-reducing medications. Call your doctor for advice.
STREP THROAT	Yes - for 12 hours after starting antibiotics unless the doctor says that it is okay to return to school sooner. Children or staff also need to be able to take part in usual activities.
VACCINE PREVENTABLE DISEASES Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)	Yes – Children or staff can return to school once the doctor/health department says they are no longer contagious.
YEAST INFECTIONS including Thrush or Candida diaper rash	No - follow good hand washing and hygiene practices.