



District #38 Guidelines for determining when children should be kept home from school because of health reasons.

Deciding whether or not to keep your child at home can be a difficult decision. Children who are acutely ill will have decreased play activities, decreased attention span, and diminished appetite. If your child is not feeling well enough to participate in class, they should be kept at home, as these may be the first symptoms of illness. This may also be a time when a student is most contagious to others. Here are some guidelines from the Children’s Hospital School Health Program.

DISEASE	EXCLUSION IS NECESSARY
CHICKENPOX	YES – children with uncomplicated chickenpox may return on the 6 th day after onset of rash; may return sooner if all lesions are crusted.
CONJUNCTIVITIS (pink eye)	YES – until 24 hours after treatment. If your health provider decides not to treat your child, a note is needed.
COXSACKIE VIRUS (hand, foot and mouth disease)	NO – may attend if able to participate in school activities.
DIARRHEA	YES - May attend if cause of diarrhea is determined to <i>not</i> be illness related, e.g., from antibiotics or food sensitivity reaction.
FEVER	YES – if temperature is greater than 100 degrees. If fever persists for 2 days, even without other symptoms, a physician should be consulted. Child should be fever free for 24 hours before returning to school.
FIFTH’S DISEASE	NO – child no longer contagious once symptomatic rash appears.

HEAD LICE	YES – may return the morning after treatment is given.
HEPATITIS A	YES – until 1 week after onset of jaundice and when able to participate in school activities.
HERPES	YES – if area is oozing and cannot be covered, e.g., mouth sores.
IMPETIGO	YES – until 24 hours after treatment starts.
MILD COLD SYMPTOMS e.g., stuffy nose with clear drainage, sneezing, mild cough	NO – may attend if able to participate in school activities.
RASH <i>with</i> fever or behavior change	YES – may return if health care provider has determined illness is not a communicable disease.
RINGWORM	NO – needs medical treatment and areas covered.
ROSEOLA	YES – seek medical advice. A child with rash and fever may <i>not</i> return to school.
SCABIES	YES – may return after treatment has been completed.
STREP THROAT	YES – may return 24 hours after treatment and no fever.
UPPER RESPIRATORY COMPLICATIONS - large amount of yellow-green nasal discharge - extreme sleepiness/lethargy - ear pain - stiff neck - fever (above 100 degrees, orally) - excessive coughing	YES – seek medical advice. Child may return when symptoms are improved or with direction from the health care provider.

VOMITING	YES – May return if cause of vomiting is <i>not</i> illness related.
OTHER INFECTIOUS DISEASES (hepatitis, meningitis, mononucleosis, tuberculosis)	YES – Report to School Nurse.
VACCINE PREVENTABLE DISEASES (mumps, measles, pertussis (whooping cough))	YES – until judged not infectious by the health care provider. Report to School Nurse.

The above information is meant to serve as a guideline. If your child has started on antibiotics, they should remain home for 24 hours after the first dose has been given. Prior to this time, a child is still contagious to other students and staff. Please take into consideration that certain medications will mask symptoms such as fever, runny nose and coughing. The suppression of symptoms does not mean that your child is not ill or contagious. If you should have any questions, feel free to contact your school nurse.

Remember . . . *the most beneficial health tip we can teach our children is the importance of frequent hand washing to prevent the spread of disease.* Proper rest, nutrition, fresh air, and exercise are additional boosters to good health.