

When should a child stay home or attend school? The following ***General Guidelines*** are intended to help with this decision.

**Keep the student home:**

- If he/she has had an oral temperature of 100 degrees or higher in the past 24 hours.
- If he/she has vomited 2 or more times in the past 24 hours.
- If he/she has diarrhea, an increased number of stools compared to normal or has stools that are loose, and he/she needs to use the bathroom frequently.
- If he/she has any rash for which the cause is unknown. Check with your doctor before sending them to school.
- If he/she has an illness (severe wheeze, severe cough, etc.) that prevents him/her from participating in routine activities. Call the school daily to report the illness.

If the student must take medication at school, annual written permission from a doctor and parent is required.

Notify the school of any changes in your work, home, or cell phone numbers so the school can call you if your child becomes sick.

## ***Information about Common Childhood Diseases***

Disease	Symptoms	Contagious Period	When must a student stay at home? Recommendations	How do you catch this disease?
Chickenpox	Fever and a rash that starts as red bumps and spreads. The rash turns to blisters and starts to scab after 4-7 days.	1-2 days before the rash begins and until all of the blisters have scabbed.	Students cannot attend school until all of the blisters have scabbed.	By touching the fluid from the blisters or secretions from the person's nose or mouth.
Cold Sores (Herpes Simplex)	Blister-like sores inside the mouth, on the lips or face. Fever may be present.	First time infection: contagious for up to 2 weeks. Further infections: 3-5 days.	Students can attend school with a cold sore. Remind them not to touch the sores. Wash hands after touching the sores or fluid from the sores.	By touching the fluid from the sores or having contact with the person's saliva.
Fifth's Disease (Parvovirus)	Rash that causes very red cheeks and spreads to other parts of the body. Fever and sore throat may also be present.	Before the rash even appears. Not usually contagious after the rash appears.	If no other rash-causing illnesses are present, the student can go to school. Remind them to cover their cough and sneeze and to wash their hands afterwards.	From contact with the person's secretions when they cough or sneeze.
Head Lice	Itching of the head or neck. Look for live lice, which are brownish-colored insects found on the scalp or behind the ears. Look for lice eggs (nits) that are stuck to the hair.	Until treated with a lice treatment product.  Treatment options are available over-the-counter. Follow the directions carefully.	<ul style="list-style-type: none"> <li>• If live lice are present, students cannot attend school until the first treatment is completed and no live lice are seen.</li> <li>• Following treatment, if nits (eggs) are present, and no live lice are present, a student may attend school.</li> </ul> Use a lice/nit comb at least once a day to remove nits from the hair.	By head to head contact and by sharing objects that have been in contact with the person's head.  Lice are <u>not</u> spread from pets to humans.
Impetigo	Sores on the skin that begin near a skin break (cut or insect bite). Turns into a golden-yellow colored, crusted scab.	Until the sores have healed or 24 hours after treatment has been started.	Students cannot attend school until 24 hours after treatment has been started, and sores are drying or improving.	By touching the fluid from the sores.

Disease	Symptoms	Contagious Period	When must a student stay at home? Recommendations	How do you catch this disease?
Mono (Mononucleosis)	Fever, sore throat, and swollen glands in the neck. The student may also be very tired.	For several weeks or longer.	Students may be in school if they are healthy enough to participate in school activities.	By person-to-person contact through saliva in the mouth or sharing items with saliva.
Pink Eye (Conjunctivitis)	Redness, itching, pain, and drainage from the eye(s).	While the symptoms are present.	Students cannot attend school if the drainage is thick white or yellow and with eye pain. The student should not return until approved by a doctor.  Students may attend school if the drainage is clear and watery, and there is no eye pain.	By having contact with secretions from eyes, nose or mouth of infected persons.  By touching objects that have been in contact with the secretions.
Ringworm	Sore that is flat, red and ring-shaped.  It can be found on the body or scalp.	While the sore is present	Students cannot attend school unless the sore is completely covered and treatment has been started.  Scalp: Students cannot return to school until 24 hours after treatment has been started.	By touching the sore or sharing personal objects that come in contact with the sore.
Scabies	Itchy rash with pink bumps found between the fingers, on the wrists, elbows, armpits, or around the waist.	Even before the rash appears and until 24 hours after treatment has been started.	Students cannot attend school until 24 hours after treatment has been started.	By touching the rash or sharing objects that have been in contact with the rash.
Strep Throat	Fever, sore throat, and swollen glands in the neck.	Until 24 hours after treatment has been started.	Students cannot attend school until 24 hours after treatment has been started.	By breathing in droplets in the air after a person coughs or sneezes.

References: Infectious Diseases in Child Care Setting: Information for Directors, Caregivers, Parents or Guardians, and School Health Staff, 3<sup>rd</sup> Edition. June 2008.  
Hennepin County Human Services and Public Health Department R:\HEALTH\Communicable Disease Info\MPS forms.flyers\Am I well enough to go to school.doc 1/09.

# AM I WELL ENOUGH TO GO TO SCHOOL?



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Health Related Services

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