

# AM I WELL ENOUGH TO GO TO SCHOOL?

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

## Please keep your child home:

- If your child has had an oral temperature of 100 degrees or higher in the past 24 hours.
- If your child has vomited 2 or more times in the past 24 hours.
- If your child has diarrhea and/or they are not feeling well and need to use the bathroom frequently.
- If your child has a rash for which the cause is unknown, see your health care provider before sending them to school.
- If your child has an illness that prevents them from participating in routine activities.

\*\*Notify your child's school daily to report absences due to illness.



Disease	Symptoms	Contagious Period	When must your child stay at home?	How do you catch this disease?
<b>Chickenpox</b> ( <i>Varicella</i> )	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.	Keep your child home from school until all blisters have dried into scabs. This is usually by day 6 after the rash began. If your child has chickenpox they need to stay home, even if they previously had the chickenpox.	<ul style="list-style-type: none"> <li>• By touching the blister fluid or secretions from the nose or mouth of a person with chickenpox.</li> <li>• By coughing or sneezing.</li> </ul>
<b>Fact Sheet</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/chickenpox-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/chickenpox-parent.pdf?la=en</a></li> </ul>			
<b>Cold Sores</b> ( <i>Herpes Simplex</i> )	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.)	School aged children <b>do not</b> need to stay home.	<ul style="list-style-type: none"> <li>• By having direct contact with saliva, commonly by kissing.</li> <li>• By touching the fluid from the blisters or sores.</li> </ul>
<b>Fact Sheet</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/herpes-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/herpes-parent.pdf?la=en</a></li> </ul>			
<b>Conjunctivitis</b> ( <i>Pink Eye</i> )	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 there is thick white or yellow drainage, redness of the eye, & eye pain. Your child should not return until examined by a health care provider.	<ul style="list-style-type: none"> <li>• By touching secretions from the eyes, nose, or mouth.</li> <li>• By touching hands, objects, or surfaces contaminated with secretions.</li> </ul>
<b>Fact Sheet</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/pink-eye-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/pink-eye-parent.pdf?la=en</a></li> </ul>			
<b>Fifth Disease</b> ( <i>Parvovirus</i> )	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 <b>do not</b> 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"> <li>• By coughing or sneezing.</li> <li>• By touching hands, objects, or surfaces contaminated with the virus.</li> </ul>
<b>Fact Sheet</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/fifth-disease-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/fifth-disease-parent.pdf?la=en</a></li> </ul>			
<b>Head Lice</b>	Itching of the head and neck.  <b>Look for:</b> 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.  * Recommended treatment includes using either a store-bought or prescription lice killing product.	Your child <b>does not</b> need to stay home from school, but it is recommended that your child be treated for head lice.  * Your child should be encouraged to avoid head-to-head contact with other children.	<ul style="list-style-type: none"> <li>• By head-to-head contact.</li> <li>• By sharing personal items that come in contact with the head (combs, brushes, hats, etc.).</li> </ul> <p>*Lice do not jump or fly; they crawl &amp; can fall off the head. Head lice do not live longer than 48 hours off the head &amp; can only lay eggs while on the head. Lice do not spread to or from pets.</p>
<b>Fact Sheet</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/head-lice-parents.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/head-lice-parents.pdf?la=en</a></li> </ul>			

Disease	Symptoms	Contagious Period	When must your child stay at home?	How do you catch this disease?
<b>Impetigo</b>	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 the sores are drying.	<ul style="list-style-type: none"> <li>By touching the fluid from the sores.</li> <li>By touching contaminated objects (for example clothing, bedding, towels).</li> </ul>
<b>Fact Sheet</b>	<ul style="list-style-type: none"> <li><a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/impetigo-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/impetigo-parent.pdf?la=en</a></li> </ul>			
<b>Influenza</b> <i>(The Flu)</i>	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"> <li>By coughing or sneezing.</li> <li>By touching contaminated hands, objects, or surfaces.</li> </ul>
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<b>Mono</b> <i>(Mononucleosis)</i>	Your child may have a sore throat, swollen glands, headache, fever, & sometimes a rash. Your child 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.	Children <b>do not</b> need to stay home if they are healthy enough for routine activities.  <b>Sports:</b> Children with an enlarged spleen should avoid contact sports until cleared by their health care provider.	<ul style="list-style-type: none"> <li>By kissing or sharing items contaminated with saliva.</li> </ul>
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<b>Ringworm</b> <i>(Athlete's Foot)</i>	<b>Body</b> - Flat, spreading, round, red shapes (lesions) on the skin. <b>Feet</b> - Patchy scaling or cracking of the skin blisters. Itching is common. <b>Scalp</b> – 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.	As long as 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"> <li>By touching the infected skin of a person or pet (usually dogs and cats).</li> <li>By sharing or touching contaminated objects like hats, hair brushes, clothing, furniture, shower stalls, swimming pool decks, locker room benches, or floors.</li> </ul>
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<b>Scabies</b>	Your child may have a rash of pink bumps or tiny blisters & may itch the most at night. Sometimes you can only see scratch marks. Common locations for the rash and itching are between fingers, around wrists and elbows, & armpits.	From when a child gets the mites until 24 hours after treatment begins. A child is contagious before the rash starts.	Keep your child home from school until 24 hours after treatment begins.	<ul style="list-style-type: none"> <li>By having a lot of direct contact with the skin of a person with scabies.</li> <li>By sharing bedding, towels, or clothing that was used by a person with scabies.</li> </ul> <p>*The mites cannot live off the human body for more than 3 days. They cannot reproduce off the body.</p>
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<b>Strep Throat</b> <i>(Streptococcal Infection)</i>	Your child may have a fever that starts suddenly, red sore throat, & swollen glands. Headache may occur. Children may have stomach pain & vomiting.	Until 24 hours after antibiotic treatment begins.	Keep your child home from school until 24 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. They are unlikely to spread the infection to other people.	<ul style="list-style-type: none"> <li>By coughing or sneezing.</li> <li>By touching contaminated hands, objects, or surfaces.</li> </ul>
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