



D49 Illness Guidelines: How Sick Is Too Sick?

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

1. Your child doesn't feel well enough to take part in normal activities. For example, your child is overly tired.
2. Your child needs more care than teachers and staff can give while still caring for other children
3. The illness is on the list and staying home is recommended.

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

Students with the following symptoms or illness should be kept home (excluded) from school until symptoms have either fully or mostly resolved.

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

SYMPTOMS	Child Must Be at Home?
<p>DIARRHEA Frequent, loose or watery stools compared to child's normal ones that are not caused by food or medicine</p>	<p>Yes - if child looks or acts sick; if child has diarrhea with fever and isn't acting normally; if child has diarrhea with vomiting (throwing up); OR if child has diarrhea that cannot be contained in the diaper or the toilet. *Student must be symptom free for at least 12 hours before returning to school. If lasting longer than 24 hours, seek medical advice about COVID-19 testing.</p>
<p>*FEVER of 100.4°F and over, with behavior change or other illness</p>	<p>Yes, when the child also has a rash, sore throat, vomiting, diarrhea, behavior changes, stiff neck, difficulty breathing, etc. *Student must stay home until symptom-free for at least 24 hours, without medication. If symptoms last longer than 24 hours, seek medical advice about COVID-19 testing.</p>
<p>"FLU-LIKE" SYMPTOMS 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, without the use of medicine that reduces the fever (Acetaminophen or Ibuprofen). If symptoms last longer the 24h seek medical advice about COVID testing.</p>
<p>COUGHING <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 your child 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. If lasting longer than 24 hours, seek medical advice about COVID testing.</p>
<p>Mild RESPIRATORY OR COLD SYMPTOMS Stuffy nose with clear drainage, sneezing, mild cough</p>	<p>No – your child may go to school if they are able to take part in school activities. <i>Keep home if symptoms are severe. This includes fever and the child is not acting normally and/or has trouble breathing.</i> If symptoms are severe, seek medical advice about COVID testing.</p>

RASH	Yes – Rash with fever. Call your doctor. Any rash that spreads quickly, has open, oozing wounds and/or is not healing should be checked by a doctor. No – Rash without fever. 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.
VOMITING Throwing up two or more times in the past 24 hrs	Yes - until vomiting stops or a doctor says it is not contagious. If the child has a recent head injury, watch for other signs of illness and for dehydration. *Student must be symptom free for at least 12 hours before returning to school. If lasting longer than 24 hours, seek medical advice about COVID-19 testing.

ILLNESS	Child Must Be at Home?
CHICKEN POX	Yes - until blisters have dried and crusted (usually 6 days).
CONJUNCTIVITIS (PINK EYE) pink color of eye <i>and</i> thick yellow/green discharge	No (bacterial or viral) – children and adults 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 may be able to go to school unless they are not well enough to take part in usual activities.
FIFTH'S DISEASE	No - child is no longer contagious once rash appears.
HAND FOOT AND MOUTH DISEASE (Coxsackie virus)	No - unless the child has mouth sores, is drooling and isn't able to take part in usual activities.
HEAD LICE OR SCABIES	Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment.
HEPATITIS A	Yes - children and staff may return to school or child care when cleared by the health department. Children and 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 non stop drooling.
IMPETIGO	Yes – children and adults need to stay home until antibiotic treatment has started.
RINGWORM	Yes - children may stay at school or child care 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 – your child can go to school unless they aren't well enough to take part in usual activities and/or they have trouble breathing. Call your doctor for advice.

STREP THROAT	Yes - for 24 hours after starting antibiotics unless the doctor says that it is okay to return to school sooner. Children and 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 and staff can return to school once the doctor says they are no longer contagious.
YEAST INFECTIONS including thrush or Candida diaper rash	No - follow good hand washing and hygiene practices.