



**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.**

SYMPTOMS	Child Must Be at Home?
<p><b>DIARRHEA</b> frequent, loose or watery stools compared to child's normal ones that are not caused by food or medicine</p>	<p><b>Yes</b> - 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. <b>*Student must be symptom free for at least 12 hours before returning to school.</b></p>
<p><b>*FEVER</b> of 100.0 – 100.5 depending on the symptoms that your child is presenting with.</p>	<p><b>Yes, when</b> the child also has a rash, sore throat, vomiting, diarrhea, behavior changes, stiff neck, difficulty breathing, etc. <b>*Student must be symptom free for at least 24 hours, without medication, before returning to school.</b></p>
<p><b>"FLU-LIKE" SYMPTOMS</b> Fever over 100°F with a cough or sore throat. Other flu symptoms can include tiredness, body aches, vomiting and diarrhea</p>	<p><b>Yes</b> - for at least 24 hours after the fever is gone, <b>without the use of medicine that reduces the fever</b> (Acetaminophen or Ibuprofen).</p>
<p><b>COUGHING</b> <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><b>Yes</b> - if the coughing is severe, uncontrolled OR your child has wheezing, rapid or trouble breathing and medical attention is needed or if student is disrupting the class.</p>
<p><b>Mild RESPIRATORY OR COLD SYMPTOMS</b> stuffy nose with clear drainage, sneezing, mild cough</p>	<p><b>No</b> – 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></p>
<p><b>RASH</b></p>	<p><b>Yes</b> – 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. <b>No</b> – 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. <b>* RASH MUST BE ABLE TO BE COVERED. IF IN EXPOSED AREAS CHILD MUST BE HOME UNTIL EITHER RASH RESOLVES OR CHILD IS DEEMED NON-CONTAGIOUS.</b></p>
<p><b>*VOMITING</b> Throwing up two or more times in the past 24 hrs</p>	<p><b>Yes</b> - 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. <b>*Student must be symptom free for at least 12 hours before returning to school.</b></p>

\*D49 specific guidelines

**ILLNESS POLICY - HOW SICK IS TOO SICK?  
WHEN TO KEEP YOUR CHILD AT HOME**

ILLNESS	Child Must Be at Home?
<b>CHICKEN POX</b>	<b>Yes</b> - until blisters have dried and crusted (usually 6 days).
<b>CONJUNCTIVITIS (PINK EYE)</b> pink color of eye <i>and</i> thick yellow/green discharge	<b>No (bacterial or viral)</b> – children don't need to stay home unless the child has a fever or behavioral changes. Call the doctor for diagnosis and possible treatment.
<b>CROUP (SEE COUGHING)</b>	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.
<b>FIFTH'S DISEASE</b>	<b>No</b> - child is no longer contagious once rash appears.
<b>HAND FOOT AND MOUTH DISEASE</b> (Coxsackie virus)	<b>No</b> - unless the child has mouth sores, is drooling and isn't able to take part in usual activities.
<b>HEAD LICE OR SCABIES</b>	<b>Yes</b> - from end of the school day until after first treatment.
<b>HEPATITIS A</b>	<b>Yes</b> - until 1 week after the illness starts and when your child is able to take part in usual activities.
<b>HERPES</b>	<b>No, unless</b> - the child has open sores that cannot be covered or is drooling nonstop.
<b>IMPETIGO</b>	<b>Yes</b> – your child needs to stay home until treatment has started.
<b>RINGWORM</b>	<b>Yes</b> - from end of school until after your child starts treatment. Keep the area covered for the first 2 days.
<b>ROSEOLA</b>	<b>No</b> – if the child has a fever or behavioral changes.
<b>RSV</b> (Respiratory Syncytial Virus)	<b>No</b> – 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.
<b>*STREP THROAT</b>	<b>Yes</b> - <b>*for 24 hours after starting antibiotics</b> unless the doctor says that it is okay to return to school sooner. Your child also needs to be able to take part in usual activities.
<b>VACCINE PREVENTABLE DISEASES</b> Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)	<b>Yes</b> – you child can return to school once the doctor says they are no longer contagious.
<b>YEAST INFECTIONS</b> including thrush or Candida diaper rash	<b>No</b> - follow good hand washing and hygiene practices.

Author: School of Health Team

Approved by Patient Education Committee

Valid through 2020

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.