



When is Your Child Too Sick for School?

The American Academy of Pediatrics recommends you answer a few key questions when considering if your child is too sick for school:

- A. Does your child have a fever?** Fevers of 101 F or more are generally a sign of illness, so children should stay home from school.
- Children should stay home until they are 24 hours fever free without the use of Tylenol or a similar medicine.*
- B. Does he/she have an illness that others might catch like the flu or pinkeye?** If you think he/she might, don't let her go back to school until you know he/she is not contagious anymore.
- Sores with discharge*
 - Productive cough or runny nose with green/yellow discharge*
 - Discharge from eyes*
- C. Has your child recently vomited or had diarrhea?**
- Children with stomach bugs should rest at home and return once they are 24 hours vomit/diarrhea free.*
- D. Is your child well enough to participate in class?** If she seems too run down to get much out of her lessons, keep her home.
- If they look or act sick- pale, lethargic, lacking energy and focus. If your child is not him/herself, keep him/her home.*

Other health conditions/symptoms that you may encounter are listed below with recommendations for care/notification.

Ringworm: A fungal infection of the skin that looks like a red ring of blisters which is dry and scaly in the center. Incubation period is 4-10 days. Treatment is required and child may attend school if under treatment and the area can be covered.

Scabies: Small, raised, reddened areas usually seen between the fingers, at the wrist and elbows and cause intense itching especially at night. The incubation period is one month to six months. Treatment is required.
**Notify school office/nurse, state reporting required

Hand, Foot, and Mouth: A virus which causes fever, sore mouth and throat. Small blisters may occur in mouth, on palms of hands, and soles of feet. Incubation is 3-6 days. Child may attend school 24 hours after fever has resolved. Sores should be covered where possible.

Pink Eye (Conjunctivitis): Red eyes occur with yellow discharge from the eyes, eyelashes can be stuck together on awakening. This can be a bacterial infection that needs antibiotic eye medication from the doctor. Incubation is 1-3 days. Child can return to school after 24 hours treatment.



Scarlet Fever: A bacterial infection that causes sore throat, fever and fine red rash that appears 1-3 days after onset of sore throat. Incubation is 1-3 days. Treatment is required and student can return to school 48 hours after treatment has begun.

Chicken Pox: Virus which cause mild fever, pink little bumps which turn to blisters and are very itchy. Incubation period is 14-21 days. Child is typically infectious up to five days after rash appears and should stay home.

****Notify school office/nurse, state reporting required**

Strep Throat: A bacterial infection that causes fever, sore throat and swollen lymph nodes. Medical treatment is required. Student can return to school 48 hours after treatment has begun and when there is no fever.

Fifth Disease: A virus with lacy looking rash on trunk and extremities, mild fever and red cheeks. May have mild cold symptoms, including runny nose, sore throat, mild fever and cough. Rash may come and go for 1-2 weeks. Incubation period is 4-20 days. Child can attend school once they are 24 hours fever free.

Pinworms: A worm infection causing extreme itching around rectum area especially at night. Contact your doctor if you suspect pinworms for guidance and treatment (treated with 2 doses of antibiotics). Good hygiene and excellent hand washing are essential in preventing the spread of pinworms. Child can attend school as long they have had their first dose.

Head Lice (pediculosis): An infestation of parasites found on the scalp, behind the ears and near neckline. May cause a tickling feeling or something moving, itching, sores cause by itching. Lice can be transferred by brushes, headphones, hats and direct contact. Treatment is required. Students identified with lice may finish out school day, and parents will be notified. Treatment should occur at home and upon school return, students will be checked to ensure no live lice remain. School does not notify families unless there are multiple cases in a classroom.

Staph Infection: Often presents with a boil or bug bite looking skin problem. Skin around is often red, swollen and painful to the touch. Evaluation by healthcare provider is recommended. Child can attend school as long as they are fever free and wound is covered.

Unknown Rash: Any new rash should be evaluated by a healthcare provider and student should return to school with a note clearing them to attend.

Influenza: Viral infection of the respiratory tract transmitted by coughing, sneezing, or talking. Symptoms include fever, runny nose, chills, sore throat. Incubation period is one to four days. Child may return to school 24 hours after resolution of fever. ****Notify school office/nurse, tracking of prevalence required**

Pertussis/Whooping Cough: Highly contagious bacterial airway infection presents as persistent cough with high pitched intake of breath, vomiting, extreme tiredness. Antibiotics are required. Child must stay home until 5 days of antibiotics are completed. ****Notify school office/nurse, state reporting required.**

Concussion/Head Injury: Any bump, blow or jolt to the head can cause a concussion. Please notify school office/nurse, teachers can be notified if any temporary accommodations are required.

Healthy Children = Healthy Classrooms