

## When Should Sick Children Stay Home From School?

If your child feels too sick to go to school or has one of the conditions listed, please keep him/her at home. If you are unsure, please call your doctor or school nurse.

### Does my child need to stay home for a cold?

Most children with mild colds who have no fever and who feel well enough to go to school do not need to stay home. Most colds spread in the 1-3 days before children show symptoms such as a runny nose or cough.

### Does my child need to stay out of school for pink-eye?

Your child may return to school with a medical note 24 hours after starting treatment. Younger children who rub their eyes may need to stay home until symptoms clear, about 3-7 days.

### How long will my child need to stay home if she is sick?

The inside of this brochure will explain how long a child should stay home after they become ill with an excludable condition.

### What does my child need to come back to school?

The list inside this brochure shows whether a **medical note** or **parent note** is required for your child to return to school after exclusion for illness.

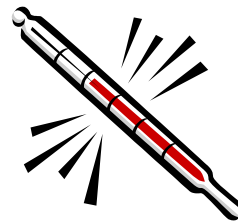
### What about activities like sports or PE?

Students with illnesses spread by close contact, like scabies, lice, shingles, or staph or strep skin infections may not be allowed to participate in some sports or PE activities.

## Dear Parents and Guardians:

A School Exclusion List indicates the illnesses for which a child must be kept out of school. This is called exclusion. The list also indicates when medical notes are needed for children to return to school after certain illnesses.

If you have any questions about the School Exclusion List, please contact the school nurse.



### Questions To Ask When Your Child Is Sick:

- 1, Does your child's illness keep him/her from comfortably taking part in activities?   YN
2. Does your sick child need more care than the staff can give without affecting the health and safety of the other children?   YN
3. Could other children get sick from being near your child?   YN

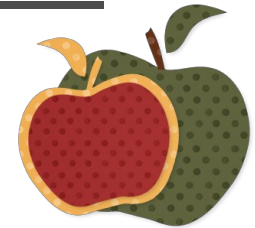
If the answer to any of these questions is "yes," your child should not come to school.



## School

## Exclusion

## List



## K - 8th Grades

If you think your child has an illness that can be spread to others, please keep him or her home from school or out-of-home childcare. Contact your doctor or local clinic for information about treatment options.

*More information can be found at  
[www.cdc.gov](http://www.cdc.gov) or [www.choa.org](http://www.choa.org)*

### **Chicken Pox/Varicella**

Students may return with a **parent note** once all the sores and blisters are dried/scabbed. If there are no scabs, he may return when no new sores appear for 24 hours.

### **Cytomegalovirus (CMV)**

A **medical note** from a healthcare provider is required for your child to return to school.

**Diarrhea:** For most kinds of diarrhea (defined as 3 or more loose stools in 24 hours):

**Students in K-5th grades should stay home** until diarrhea stops for 24 hours or until a doctor clears him to return to school. Your child may return with a **parent note**.

Older children in **6th-8th grades** do not have to stay home unless they have diarrhea with blood or mucus in it or have diarrhea from one of the contagious conditions listed below.

Any student having diarrhea that contains blood or mucus must have a **medical note** to return.

Students who can use the restroom do not need to be excluded if the diarrhea is known to be from a non-contagious condition or if it continues after a child completes antibiotics for a diarrhea-causing illness.

A medically fragile child or a child who needs help toileting may need to stay home if her diarrhea makes it difficult for caregivers to keep the classroom clean.

Students of any age are excluded with diarrhea from: *Campylobacter*, *E. coli*, *Giardia*, *Norovirus*, *Rotavirus*, *Salmonella* or *Shigella*:

*Campylobacter*, *Giardia*, *Norovirus*, *Rotavirus* and most *Salmonella*: Your child may return with a **parent note** 24 hours after diarrhea stops.

*E. coli*: for the most severe type, all children must be out of school until the diarrhea stops and 2 labs 24 hours apart are negative for *E. coli* O157:H7. A doctor must provide a **medical note** to clear the child for school.

*Salmonella Typhi* (*Typhoid fever*): All students must stay home until the diarrhea stops and 3 labs tests taken 24 hours apart are negative for *Salmonella typhi*. A **medical note** from a doctor is required to return to school.

*Shigella*: All students must stay home until diarrhea stops and a lab test is negative for *Shigella*. A **medical note** from a doctor is required to return to school.

### **Fever By Itself**

Keep your child home for a fever of 100°F or higher taken orally. Your child may return with a **parent note** after the fever has been gone for 24 hours without use of fever-reducing medications. This prevents a rebound fever from occurring at school, reduces risk of transmitting infection, and allows for healing.

### **Fever with Rash, Behavior Change, or Other Symptoms**

Students with a fever should stay home if they have signs of severe illness like rash, behavior change, earache, vomiting, confusion, sore throat or irritability.

### **Flu, Influenza or Influenza-Like Illness (ILI)**

A student with a flu-like illness will be excluded for a fever of 100° with cough and/or sore throat until he is fever-free for at least 24 hours WITHOUT any fever medicines. A **parent note** is required.

### **German Measles/Rubella/3 Day Measles**

Keep your child home for 7 days after rash starts. She may return with a **medical note**.

### **Hand, Foot, and Mouth Disease**

Students should stay home while they have a fever, excessive drooling, difficulty swallowing or are too sick to do routine school activities. A **medical note** is necessary to return to school.

### **Head Lice**

Students with crawling lice may be sent home at the end of the day if head-to-head contact with other children can be avoided. If not, they will be sent home immediately.

Your child may return with a **parent note** and proof of treatment after the 1st treatment if there are no active lice crawling on your child's head.

The school will check for lice upon return to school before your child may return to class. We will also check for any newly hatched lice daily for 7-10 days after treatment, as should you. If any are present, the student will need to be re-treated in order to return to school. Please contact your healthcare provider for treatment suggestions.

### **Hepatitis A / Yellow Jaundice**

Students with acute hepatitis A may return with a **medical note** 1 week after the start of the jaundice.

### **HIB (Haemophilus Influezae Type B)**

Students must stay home until cleared by a health care provider. A **medical note** is required to return.

### **Impetigo**

If your child has dry, honey-colored, crusty sores that can be covered, he may stay at school until the end of the day. If the sores are weepy, oozing or wet, or cannot be covered, he will be sent home immediately.

He may return after 24 hours of antibiotics if the sores are not oozing and are getting smaller, or if they can be completely covered with a watertight dressing. A **parent note** is required.

### **Measles/Red Measles/10 Day Measles**

Student may return with a **medical note** 4 days after the rash begins, if they have no fever and feel well enough.

**Meningitis** A student with signs of meningitis (high fever, rash, stiff neck) must remain home until cleared by a health care provider. A **medical note** is required.

**Mononucleosis** Students may return with a **medical note** when cleared by a health care provider.

### **Mumps**

Students may return with a **medical note** 5 days after swelling begins.

**Pink-eye/Conjunctivitis** Students may return to school with a **medical note** 24 hours after starting treatment. Younger children who rub their eyes may need to stay home until their eyes are free of discharge, about 3-7 days.

### **Rash**

Students with a rapidly spreading rash or rash with fever or behavior change will be excluded immediately. A **medical note** is required to return.

### **Ringworm**

**K-5th graders with ringworm of the scalp** must stay home until they have begun treatment with a prescription oral antifungal. A **medical note** is required to return.

**K-5th graders with ringworm of the body** may come to school if the affected area stays completely covered by clothing. Treatment is recommended.

**Older students with ringworm of the head or body** do not need to stay home unless they are spreading illness at school. Treatment is recommended.

### **Scabies**

Students should stay home until treated. A **medical note** is required.

### **Shingles**

Students with sores or blisters that can't be covered must stay home. Once sores dry/scab over, your child may return with a **parent note**.

### **Skin Infections from Staph or Strep (includes MRSA)**

Students may attend school if sores are covered by clothes or dressings and if no drainage comes through the clothes or dressings.

### **“Strep Throat” / Streptococcal Pharyngitis**

Students may return with a **medical note** 24 hours after starting antibiotics, if there is no fever.

**Tuberculosis** A child with active TB should stay home until the doctor treating the TB writes a **medical note** stating the child is no longer contagious.

### **Whooping Cough / Pertussis**

Students may return with a **medical note** after completing 5 days of prescribed antibiotics, unless otherwise directed by the school nurse or health department.

**If you have any questions or would like more information about any of these conditions, please contact the School Nurse or the School Office at (404)-369-3500.**

**References: [www.cdc.gov](http://www.cdc.gov) and [www.choa.org](http://www.choa.org)**