

DISEASE	SIGNS / SYMPTOMS	CONTAGIOUS PERIOD	CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD ?
Ringworm	Appears as flat, spreading ring-shaped lesions. The edge of the lesion may be dry and scaly or moist and crusty. As the lesion spreads outward, the center often becomes clear. Ringworm on the scalp may be hard to detect.	As long as you can see the ringworm on the skin. Once rash starts shrinking and treatment has begun, it is less contagious.	Keep your student home until treatment has started. Rash should be covered with clothing or a band-aid while the student is in school.	*By touching the infected skin of a person or pet (dog or cat). *By touching contaminated objects-hats, brushes, clothing, shower stalls, swimming pool decks, locker room benches or floors.
Scabies	Rash with intense itching that may be more severe at night. Look for a rash of pink bumps or tiny blisters commonly seen between fingers, around wrists, elbows and armpits.	Before the rash starts and until 24 hours after treatment begins.	NO. Exclude from school until 24 hours after treatment begins	*By having a lot of direct contact with the skin of a person with scabies. *By sharing bedding, towels, or clothing that was used by a person with scabies.
Strep Throat and Scarlet Fever	May have sudden onset of fever, sore throat, swollen glands, headache, nausea, stomachache or vomiting. Scarlet fever: A very fine raised rash is present on the neck, chest, elbow, groin, thighs and armpits.	Until 12 hours after antibiotic treatment begins.	NO. If positive for Strep, exclude from school until 12 hours after antibiotic treatment begins, <i>and</i> student is fever free <i>and</i> student is well enough to participate in normal activities.	*By coughing or sneezing. *By touching contaminated hands, objects, or surfaces.
Whooping Cough (Pertussis)	Begins with runny nose, sneezing, mild cough and low-grade fever. After 1-2 weeks, a persistent cough develops which may occur in explosive bursts. Coughing attacks occur more frequently at night.	From the time of the first cold-like symptoms until 21 days after coughing begins or after taking 5 days of antibiotics.	NO. Exclude from school until 5 days after antibiotic treatment begins. Notify health office if diagnosed	*By coughing or sneezing. *By touching contaminated hands, objects, or surfaces.



IS MY STUDENT WELL ENOUGH TO GO TO SCHOOL?

Many students and parents/guardians are frequently concerned about when students should stay home. The following information is intended to help with this decision. General Guidelines:

If the student:

- Has a fever of 100° degrees or more, the student should stay home for 24 hours after the temperature returns to normal without fever reducing medication.
- Has vomited 1 or more times, the student should stay home until 24 hours after the last episode.
- Has diarrhea and needs to use the bathroom frequently.
- Has a rash that the cause is unknown, check with health care provider before sending student to school.
- Has an illness that prevents them from participating in routine activities.

Notify your student's school daily to report absences.

If you have any questions, please call the school's health office or your family health care provider.

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Chicken Pox	Fever and skin rash that comes in clusters. Rash begins on the chest, back, under arms, neck and face, changing to blisters and then scabs.	From 1-2 days before the rash begins until all blisters have become scabs.	NO. Excluded from school until blisters have dried into scabs and there have been no new lesions for 24 hours, usually about 6 days after rash first appears. Notify health office if diagnosed.	*By touching the blister fluid or secretions from the nose or mouth of a person with chickenpox. *By coughing or sneezing.
Cold Sores/Fever Blisters (Herpes Simplex)	Cold sores appear on the lips and face, and sometimes in the mouth. Sores usually crust and heal within a few days. May be confused with impetigo.	First infection: up to 2 weeks, sometimes longer. (Recurring infection: 3-5 days).	Yes. School aged children do not need to stay home.	*By having direct contact with saliva, commonly by kissing. *By touching the fluid from the blisters or sores.
Common Cold (Viral Respiratory Infections)	Runny nose, sneezing, chills, tiredness, fever, muscle aches, sore throat, and cough that may last 2-7 days.	Colds: From the day before symptoms appear to 5-7 days later.	Yes, unless fever is present. Exclude from school until student is fever free for 24 hours and is well enough to participate in normal daily activities.	*By coughing and sneezing. *By touching hands, objects or surfaces contaminated with secretions.
Fifth Disease	Rarely any symptoms other than a rash that begins on the cheeks, and then later can be seen on the arms and/or chest.	Until the rash appears.	Yes. No exclusion necessary unless fever is present.	*By coughing or sneezing. *By touching hands, objects or surfaces contaminated with secretions.
Hand, Foot and Mouth Disease	Sores occur in the mouth and may last 7-10 days. In most cases, sores are on the palms of the hands, fingers, and soles of the feet. A low-grade fever may be present for 1-2 days.	During the first week of illness.	NO. Exclude until no fever for 24 hours and blisters have dried into scabs.	*By coughing and sneezing. *By touching hands, objects, or surfaces contaminated with stool. *By touching fluid from the blisters.
Head Lice	Itching of the scalp. <ul style="list-style-type: none"> Look for live lice in the hair. Nits (eggs) glued to the hair often found behind the back of neck. 	Until treated with a lice killing product. *Recommend treatment includes using store-bought or prescription lice killing product.	Yes. Your child does not need to stay home from school, but it is recommended that your child be treated for head lice. avoid head-to-head contact with other students.	*By head-to-head contact *By sharing personal items that come in contact with the head (combs, brushes, hats, etc.)
Impetigo	Blister-like sores that form an oozing, sticky, yellow crust. Itching is often present.	Until sores are healed or has been treated for at least 24 hours.	NO. Exclude from school until 24 hours after antibiotic treatment begins.	*By touching the fluid from the sores. *By touching contaminated objects.
Influenza Like Illness (ILI)	Sudden onset of fever, headache, muscle pain, body aches, cough and sore throat.	During the 24 hours before and up to 7 days after illness begins.	NO. Exclude from school until no fever for 24 hours and student is well enough to participate in normal activities.	*By coughing or sneezing. *By touching contaminated hands, objects or surfaces.
Mono (Infectious Mononucleosis)	Fever, sore throat, tiredness and swollen glands in the neck. A rash may be present.	For several weeks or longer.	Yes. No exclusion necessary unless fever is present. Exclude from school until the student is well enough to participate in normal activities.	*By kissing or sharing items contaminated with saliva.
Pink Eye (Conjunctivitis)	Bacterial: The white part of the eye is pink or red with pus or sticky drainage. The eyes are painful or itchy. Viral: The white part of the eye is pink with clear, watery discharge. The eyes may or may not be painful or itchy.	While symptoms are present.	Yes. No exclusion necessary unless fever is present or student is not healthy enough to participate in routine activities.	*By touching secretions from the eyes, nose or mouth. *By touching hands, objects or surfaces contaminated with secretions.

