

Am I Well Enough to Go to School? Information About Common Childhood Diseases



<p>Many students and parents are concerned about when students should stay home or attend school. The following information is intended to help with this decision.</p> <p>General Guidelines:</p> <p>If the student:</p> <ul style="list-style-type: none"> • Has a fever of 100 degrees or more. The student should stay home for 24 hours after the last episode. • Has vomited or had diarrhea. The student should stay home until 24 hours after the last episode. • Has any rash for which you do not know the cause. Check with your family physician/clinic before sending the student to school. • Has an illness. Keep the student at home and call the school daily to report the illness. <p>Other Information:</p> <p>If the student must take medication at school, written permission from a physician and parent are required.</p> <p>If you have any questions about the above information or an illness, please call your family physician/clinic, or the school nurse.</p> <p>It is important to keep the school notified of any changes in work and home telephone numbers so the school can reach you if your child becomes ill at school.</p> <p>Please Remember:</p> <p>Good handwashing stops the spread of many communicable diseases!</p>	Disease	Symptoms	Incubation Period	Can my child go to school?	Recommendations	How do you catch this disease?
	Chickenpox	Slight fever, rash that resembles a water blister. Rash usually starts on the body and spreads to arms, legs & face. The rash looks like a "dew drop" on a red base. The pox start to scab after 3-4 days.	2 to 3 weeks	NO	Child should stay home from school until all pox are dry and have scabs. Parents should check with the doctor before giving Tylenol or aspirin (aspirin is NOT recommended because of the risk of getting Reye's Syndrome). If your child has been exposed to chickenpox, but has no symptoms, he/she may go to school.	This disease is caused by a virus and is spread by direct contact from the discharges of the nose & throat of someone with the chicken pox.
	Cold Sores (Herpes Simplex)	Watery blister that usually appears on lips.	2 to 12 days	YES	Child may attend school unless he/she is not feeling well enough to participate in their usual activities. If the blister gets a honey-colored scab, check with your doctor or school health office to make sure it is not impetigo.	This virus is spread by direct contact with an infected person's saliva or sores.
	Common Cold	Sneezing, runny nose, water eyes and not feeling well.	12 hours to 3 days	YES	Child may attend school unless he/she is not feeling well enough to participate in their usual activities. Use & encourage good handwashing esp. after covering mouth for coughing or blowing nose.	The common cold is spread by direct contact with discharges from nose and throat or from used tissues.
	Fifth's Disease (Erythema Infectiosum)	Rash that usually appears on the face. This rash looks like a "slapped cheek." Sometimes a fever is present.	4 to 14 days (can be as long as 20 days)	YES	Child may attend school unless he/she is not feeling well enough to participate in their usual activities.	Probably nose, throat, or blood discharge - unknown.
	Head Lice	Scratching of the head. Nits (lice eggs) are tiny cream colored oval eggs that are stuck to the hair. Live lice are small brownish-colored insects that move quickly in the hair. You may or may not see live lice.	Lice eggs (nits) hatch in one week.	NO	Child may not attend school until lice and nits (eggs) are treated. Child should stay home until 24 hours after treatment is completed. Check all members of your family for lice and/or nits. Comb your child's hair daily for at least one week with a lice comb to assure nits are removed. Follow household cleaning directions (ask your school nurse if you need more help). Children will not be allowed to be in school with live lice.	Lice are spread by contact with a person who has lice. Live lice can live on objects such as hair brushes, combs, hats, scarves, jackets, backpacks, towels & bedding for 2 to 3 days.



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Disease	Symptoms	Incubation Period	Can my child go to school?	Recommendations	How do you catch this disease?
Impetigo	Blisters or sores that quickly turn into honey-colored scabs.	1 to 10 days (sometimes longer)	NO	Children are considered "contagious" and should stay home until sores are completely healed or they have been on antibiotics for 24 hours.	Impetigo is spread by direct contact with sores or by personal articles that are soiled with discharges from the nose and throat.
Influenza	Chills, body ache, headache, fever, sore throat followed by cough, runny nose and possibly a stomach ache.	24 to 72 hours	YES	Child may attend school unless he/she is not well enough to participate in their usual activities (this is usually about 2 to 5 days).	The virus is possibly spread through the air from coughing, sneezing, and direct contact with nose and throat discharges of an infected person.
Mononucleosis	Fever, sore throat, swollen glands in the neck.	Probably 30 to 50 days	Doctor should determine	Child should follow doctor's suggestions for attending school.	This virus is spread from person-to-person by secretions from mouth and throat. Kissing may be a way this disease is spread by young adults.
Pink Eye (Conjunctivitis)	Red, irritated, itchy eyes. May have clear or thick drainage from the eye.	24 to 72 hours	YES (depending on age of child)	Child should see the doctor for diagnosis and treatment. Preschool or early elementary children shouldn't come to school 24 hours after being treated. Encourage good hand washing, esp. after touching or rubbing eyes.	Pink eye is spread by hand to eye contact.
Ringworm	Ring shaped rash that may have a rough or bumpy edge.	4 to 10 days	NO	Child may not come to school until 24 hours after being treated. Cover rash to discourage from scratching.	Ringworm is spread by direct contact with a person or an animal that is infected or by contact with personal articles of an infected person.
Scabies	Itchy rash with small bumps usually on the thighs, beltline, wrists, elbows or between fingers. Rash may become infected because of scratching.	2 weeks to 2 months	NO	Child may not come to school until 24 hours after being treated. Check other family members for rash.	Scabies is caused by a mite that is spread by direct contact with an infected person and by sharing clothes or bedding with an infected person.
Strep throat	Fever, sore throat, headache, stomach ache, vomiting, swollen glands. (If you have a rash with strep throat it is called Scarlet Fever).	1 to 3 days	NO	Child must have a throat culture to diagnose strep. Child may not return to school until antibiotics have been taken for at least 24 hours. Child should finish all medication, even if feeling better.	Strep throat is spread from person to person by secretions from the nose and throat.