## ATTEND SCHOOL OR STAY HOME? GUIDELINES ON WHEN TO KEEP YOUR CHILD HOME.

When should a child stay home or attend school? The following guidelines are intended to help with this decision. Please keep your child at home:

- If your child has had an oral temperature of **100 degrees** or higher in the past 24 hours.
  - Keep your child home from school for 24 hours after the fever is gone (WITHOUT the use of fever-reducing medication).
- If your child has vomited in the past 24 hours.
- If your child has diarrhea and/or they are not feeling well, and will need to use the bathroom frequently.
- If your child has a rash for which the cause is unknown, see your healthcare provider before sending them to school.
- If your child has an illness that prevents them from participating in routine activities.

\*\*Notify your child's school daily to report absences due to illness.

Disease	Symptoms	Contagious Period	When must your child stay at home?	How do you catch this disease?			
<b>Chickenpox</b> (Varicella)	Your child will have a rash that begins with red bumps. The bumps will blister over and then form scabs. Your child may also have a fever.	From 1-2 days before the rash begins until all blisters have become scabs.	Keep your child home from school until all blisters have dried into scabs. This is usually by day 6 after the rash began. If your child has chickenpox they need to stay home, even if they previously had chickenpox.	<ul> <li>By touching the blister fluid or secretions from the nose or mouth of the person with chickenpox.</li> <li>By air transmission by a contagious person coughing or sneezing.</li> </ul>			
Fact Sheet	Chickenpox (Varicella) Parent/Guardian Fact Sheet						
Cold Sores (Herpes Simplex)	The first time a child is infected there may be blister-like sores inside the mouth and on the gums. Your child may have a fever and be fussy. Cold sores and blisters may occur many times in a person's life.	First infection: up to 2 weeks, sometimes longer. Recurring infections: 3-5 days	School-aged children <mark>do not</mark> need to stay home	<ul> <li>By having direct contact with saliva, commonly by kissing.</li> <li>By touching the fluid from the blisters or sores.</li> </ul>			
Fact Sheet		Herpes, O	ral Parent/Guardian Fact Sheet				
<b>Conjunctivitis</b> (Pink Eye)	Your child may have redness, itching, pain, and drainage from the eyes. Your child may have a fever.	While symptoms are present.	Keep your child home from school if fever is present or your child is not healthy enough to participate in routine activities. Antibiotics or a note from a health care provider <b>is not</b> required to return to school.	<ul> <li>By touching secretions from the eyes, nose, or mouth.</li> <li>By touching hands objects, or surfaces contaminated with secretions.</li> </ul>			
Fact Sheet	Conjunctivitis (Pink Eye) Parent/Guardian Fact Sheet						
COVID-19	Your child may have chills, body aches, fever, and headache. Your child may also have a cough, runny or stuffy nose, and sore throat. Illness may last up to 7 days.	During the 24 hours before and up to 7 days after the illness begins.	Keep your child home from school for 24 hours after the fever is gone (without the use of fever- reducing medication) and your child is healthy enough for routine activities.	<ul> <li>By air transmission by a contagious person coughing or sneezing.</li> <li>By touching hands, objects, or surfaces contaminated with the virus.</li> </ul>			
Fact Sheet	COVID-19 Parent/Guardian Fact Sheet						
<b>Fifth Disease</b> (Parvovirus)	Your child may have a sore throat or a low- grade fever. A rash may develop causing very red cheeks. The rash often begins on the cheeks and moves to the arms, upper body, buttocks, and legs. The rash looks very fine, lacy, and pink.	Until the rash appears.	Children <b>do not</b> need to stay home from school if other rash-causing illnesses are ruled out by a health care provider. Persons with fifth disease are unlikely to be contagious once the rash appears.	<ul> <li>By air transmission by a contagious person coughing or sneezing.</li> <li>By touching hands, objects, or surfaces contaminated with the virus.</li> </ul>			
Fact Sheet	Fifth Disease Parent/Guardian Fact Sheet						
Head Lice	<ol> <li>Itching of the head and neck.</li> <li>Look for:         <ol> <li>Crawling lice in the hair.</li> <li>Eggs (nits) glued to the hair, often found behind the back of the neck.</li> <li>Scratch marks on the head or back of the neck at the hairline.</li> </ol> </li> </ol>	Until treated with a lice-killing product. Recommended treatment includes using either a store- bought or prescription lice- killing product.	Your child <b>does not</b> need to stay home from school, but it is recommended that your child be treated for head lice. Your child should be encouraged to avoid head-to-head contact with other children.	<ul> <li>By head-to-head contact.</li> <li>By sharing personal items that come in contact with the head (combs, brushes, hats, etc.</li> <li>Lice do not jump or fly; they crawl and can fall off the head. Head lice do not live longer than 48 hours off the head, and can only lay eggs while on the head. Lice do not spread to and from pets.</li> </ul>			
Fact Sheet	Head Lice Parent/Guardian Fact Sheet						

Influenzaand headache. Your child may also have a cough, runny or stuffy nose, and sore throat. Illness may last up to 7 days.before and up to 7 days after the illness begins.after the fever is gone (without the use of fever- reducing medication) and your child is healthy enough for routine activities.coughing or sneezing. By touching hands, objects, or surfaces contaminated with the virus.Fact SheetInfluenzaParent/Guardian Fact SheetSports: Children do not healthy enough for routine activities.By kissing or sharing items contaminated with saliva.MonoMonoSports: Children with enlarged spleen shouldSports: Children with enlarged spleen shouldBy kissing or sharing items contaminated with saliva.	Disease	Symptoms	Contagious Period	When must your child stay at home?	How do you catch this disease?				
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Ringworm (Athlete's Feet)(lesions) on the skin.see the indigworm on your child's skin.treatment has been started.or pet (usually dogs and cats).(Athlete's Feet)Feet: Patchy scaling or cracking of the skin bisles. Itching is common.Once the rash starts.Activities: Limit gym, swimming, and other close covered or until 72 hours after treatment has begun, your child is sports: Athletes should follow their healthcare provider's recommendations and the specificBy sharing or touching contaminated opticat cate/tivities: Limit gym, swimming, and other close covered or until 72 hours after treatment has begun, your child is sports: Athletes should follow their healthcare provider's recommendations and the specificBy sharing or touching contaminated or pet (usually dogs and cats).Fact SheetRingworm (Athlete's Fool) Parent/Guardian Fact SheetScabiesYour child may have a rash of pink burps or iny bisters and may lich the most and liching are between fingers, around wrists and elbows, and amplis.From when a child gets the mise until 24 hours after the treatment begins. A child is contagious before the rash starts.Keep your child home from school until 24 hours after treatment begins. A child is contagious before the rash starts.By sharing bedding, towels, or clothing that was used by a person with scabies. The mites cannot live off of the hourna body after the laburs, and amplis.ScabiesYour child may have a fever that starts suddenly, are dose throat, and swollen globas, and amplis.Until 12 hours after the rash starts.Keep your child home from school until 124 hours after treatment begins. A child is contagious before the rash starts.By doir transmis	Fact Sheet								
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	Fact Sheet	Strep Throat Parent/Guardian Fact Sheet							

Developed using the Hennepin County Infectious Diseases in Childcare Settings and School Manual, this manual is designed to provide specific disease prevention and control guidelines that are consistent with the national standards put forth by the American Public Health Association and the American Academy of Pediatrics. Last reviewed: 8/2023

TOGETHER WE CAN Keep kids healthy and in school!

