

## Too Sick for School

When your child is not feeling well, deciding whether to send them to school or keep them home can be difficult. Here are some simple guidelines to help make that decision a little easier. If you have further questions, don't hesitate to contact your physician.

In most cases, if your child has the following symptoms, they should not be at school:

- Eyes: thick mucus or pus draining from the eye or pink eye (conjunctivitis).
- Skin: unknown rashes or skin lesions.
- Diarrhea: several episodes of diarrhea within the last 24 hours period
- Fever: temperature of 100 degrees Fahrenheit or higher within the last 24 hours. Your child must be fever free for 24 hours, without medication, before they can come back to school.
- Vomiting: vomiting two or more times in 24 hours.
- Head-lice: may not return to school until they have been treated and are nit-free.
- Chicken Pox: must remain at home until all pox are scabbed over and dry.

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### Conjunctivitis (eye infection)

Conjunctivitis or pinkeye is an acute condition that is characterized by redness of the eye(s).

- **Symptoms** may include: tearing, irritation/itching, redness, burning, increased sensitivity to light and discharge (green or white) from the eye.
- **Causes:** may include: virus, allergies, irritating substances, bacteria or foreign body.
- **Transmission:** contact with discharge from eye or upper respiratory tract of infected person. Indirect contact with contaminated fingers, clothing, eye-make, towels or washcloth.

#### **Control the spread:**

- Good hand washing.
- Avoidance of touching or rubbing infected eyes.
- Avoid wearing eye makeup and dispose of old eye makeup
- Use own towels and washcloths.
- Change pillowcases daily until discharge from the eye is gone.
- Near wear another person's contact lens.

The student may return to school when your physician states you can return or after you have been treated with the medication for 24 hours. You must have doctor's note stating that your child is non-infectious, in order to return to school. (according to the Centers for Disease Control and Prevention (CDC)).

### Impetigo

Impetigo is an infection of the skin's surface, usually caused by group A streptococcus or staphylococcus aureus. It is highly contagious.

#### **What to look for:**

- Discolored spots or circles that may have small blisters, bacteria-containing fluids, and spreads to surrounding areas as blisters break, and honey-colored loosely adherent crusts form.
- Most frequently found on the face (around the nose and mouth) and fingers.
- Itching occurs.
- Skin around the impetigo lesions may be red.

Parents should be advised to keep contagious children home until 24 hours after starting topical or oral antibiotic therapy or with a physician written release. (according to the Centers for Disease Control and Prevention (CDC).

### **Ringworm**

Ringworm is an infection caused by a fungus which can affect the skin on the body (Tinea Corporis), scalp (Tinea Capitis), or groin (Tinea Cruris) area or feet (Tinea Pedis).

#### **What to Look For:**

- Red –shaped pink patch with a scaly raised border and a clear center.
- Frequently itchiness.

#### **How to Treat:**

- Contact your doctor for treatment.

A student may return to school after the ringworm has been under treatment and with a band aid covering the lesion. (according to the Centers for Disease Control and Prevention (CDC).

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### **Fifth's Disease**

Fifth's disease is a mild childhood illness characterized by a facial rash (slapped-check appearance) and a lacelike rash on the trunk and extremities, which may come and go for several days. The lacelike rash may be itchy.

- Symptoms: low grade fever and mild cold symptoms.
- Facial rash with a “slapped cheek appearance”.
- Lacelike rash on the trunk and extremities.
- Itchiness may be present.

Child with signs of Fifth's Disease are past the infectious stage and do not present a risk for further transmission. Therefore, exclusion from school is not recommended by the Center for Disease Control.

If you need any additional information on an illness, please check the CDC website: [www.cdc.gov](http://www.cdc.gov)