

**Dear Parents:**

A school exclusion list indicates for which illnesses 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 schools exclusion list please contact the school.

**Help your Child stay healthy and ready to learn.**

We hope that your child never has to miss school because of illness or disease. The best protection from disease is prevention. You can help prevent many illnesses by making sure your child receives immunizations and by making sure your child washes his or her hands often.

Children with the following conditions do not have to be excluded from school or sports **if they feel well enough to participate in regular activities:**

- >Canker sores
- >Chronic Hepatitis B or C
- >Colds/Coughs w/o fever or illness
- >Cold sores
- >Croup
- >Disease spread by mosquitos
- >Disease spread by ticks
- >Ear infection
- >Fifth disease
- >HIV infection
- >MRSA, if child is only a carrier
- >Pinworms
- >Rash w/o fever or behavioral changes
- > Rosella, once the fever is gone
- > Thrush
- > Urinary tract infection;
- > Warts
- > Yeast diaper rash

**If you think that your child has an illness that can be spread to others, please keep him/her home from school. Contact your clinic.**

**Does my child need to stay home when he/she just has a cold?**

Most children with mild colds who have no fever and who feel well enough to go to school don't need to stay home. Most colds spread 1-3 days before children show symptoms like runny nose or cough.

**Does my child need to be out of school if he/she has pinkeye?**

Pinkeye can spread to others. The best way to keep a child from spreading it to others is to encourage good hand washing. If your child is having severe eye pain and a temperature they should see a clinic doctor to receive the proper treatment. If your child is started on eye drops they may return back to school 24hours after eye drops have been started.

**How long will my child need to stay home if he/she is sick?**

The inside of this brochure explains how long children should stay home after they become ill with excludable conditions.

**When would my child need to stay home if he/she was not sick?**

Not following vaccine recommendations may endanger the health or life of the student or others they come in contact with. If your child was not vaccinated whether medical exemption or conscious exemption they will be excluded/sent home if a disease outbreak occurs to protect them and others. If your child hasn't received immunizations to protect against diseases like measles, mumps, chicken pox etc. he/she may need to be out of school if there are cases of these conditions in the school. Your school nurse will provide more information if there is an exposure or outbreak.

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

The list inside below shows whether a medical note/parent note is required for your child to return to school after illness exclusion.

**What about other activities like sports and gym?**

Students with illnesses spread by close contact: lice, ringworm, scabies, shingles, staph/strep skin infections may not be allowed to participate in some sports or gym.

# Guidelines to Keep Your Child in School or Home:

A Quick Reference for Parents



### Chicken Pox/Varicella

Students with Chicken Pox may return with a **parent note** once all of the sores/blisters are dried or scabbed over. If there are no scabs student may return to school when no new sores appear for 24 hours.

### Cytomegalovirus (CMV)

A doctor must clear a student with CMV to return to school. **Medical note** required.

**Diarrhea:** Elementary students-should stay home for 24hrs. **Parent note** required. MS/HS do not have to stay home unless they are spreading illness in the school setting. All students that have diarrhea that contains blood or mucus must have a **medical note** to return to school. (Campylobacter, Giardia, Norovirus, rotavirus need **parent note**)(E. coli 0157:H7, salmonella or shigella need **medical note**).

**Fever by itself:** Keep your child home for a fever of 101 degrees or higher by mouth or 100 degrees or higher if taken under the arm. **Parent note** required upon returning to school.

### Influenza or influenza like illness:

A student with the flu will be excluded with a fever greater than 100 degrees with cough/sore throat until fever free without Tylenol/ibuprofen for 24hrs.

### German Measles/Rubella/3day measles

Keep your child home until 7 days after rash starts. **Medical note** needed when return to school.

### Hand, Foot, Mouth Disease

Students should be out of school while they have a fever, excessive drooling, difficulty swallowing, or are too sick to do routine school activities.

### Head lice

Students with crawling lice or nits may be sent home at the end of the day if head to head contact can be avoided. Otherwise they may be excluded immediately. Your child may return with a **parent note** if there are no active lice crawling on you child's head. The school will check your child's head 7 days after treatment. If any lice are present your child will have to be sent home and retreated in order to come back to school.

### Hepatitis A/yellow jaundice

Children with acute hepatitis A may return with a **medical note**.

### HIB (haemophilus influenza Type B)

Students with proven HIB need to be out of school until a doctor clears the student. **Medical note** required.

### Impetigo

If your child has dry, honey colored crusty sores that can be covered, he/she will be sent home at the end of the school day. If the sores are weepy, oozing, wet, or cannot be covered the student may be sent home immediately. He/She may return to school after receiving antibiotics for 24hrs: as long as the sores have stopped oozing and are getting smaller, or if the sores can be covered completely with a watertight dressing. **Parent note** required.

### Measles/Red Measles/10 day Measles

Children with measles can return with a medical note 4 days after the rash begins, if they have no fever and feel well enough to participate in school.

### Meningitis

A student with signs of meningitis (high fever, rash, stiff neck) must remain out of school until doctor says that the student may return. **Medical note** required.

### "Mono"/Mononucleosis

A student with "mono" can return to school when cleared by doctor.

### Mumps

Children with Mumps can return with a **Medical note** 5days after the beginning of swelling.

### Polio

This disease has been eradicated from the USA since 1979, but it is still a threat in some countries. If an outbreak would occur we would notify you.

### Pink eye/conjunctivitis

Children with pink eye in the Elementary school maybe sent home if pink eye is suspected. It is up to the parent to bring the child to a clinic appointment. A child with pink eye should see a doctor if he/she has a fever or severe eye pain. Children may return to school 24hrs after starting antibiotic eye drops.

### Rash

Student who have a rapidly spreading rash or a rash with fever and/or behavioral changes are excluded from school immediately. A **Medical note** is required to return.

### Ringworm

Elementary students with ringworm to the scalp must remain out of school until they have begun treatment with a prescription oral antifungal medication. May return with a **Medical note**. MS/HS students may remain in school if they have ringworm to the scalp unless they are spreading illness at school. Treatment is recommended. All students can remain in school if ringworm is to any part of the body as long as it is covered. Treatment is recommended.

### Scabies

Children suspected with scabies will be sent home immediately. Children with scabies should be out of school until treatment/medication has been applied. A **Medical Note** is required to return.

### Shingles

Keep students home that have shingles sores/blisters until the sores are dried/scabbed. Your child may return with **medical note**. Clothes or bandages must cover dried shingles upon returning to school.

### Skin infection from (Staph, Strep, MRSA, Herpes Gladiatorum)

Students may attend school if the sores are covered with clothes or dressing.

### "Strep Throat"/Streptococcal Pharyngitis

Child may return to school 24hrs after starting antibiotics and has not had a fever for 24hrs.

### "TB"/Tuberculosis

A Child with active TB should be kept home until the doctor treating the TB writes that the child is no longer contagious in a **Medical note**.

### Whooping Cough/Pertussis

Children may return to school after completing 5 days of prescribed antibiotics unless otherwise directed by your doctor.