



IS MY STUDENT WELL ENOUGH TO GO TO SCHOOL?

Many students and parents/caregivers wonder when students should stay home or attend school due to possible illness. The following information is intended to help with this decision.

General Guidelines

If your student:

- Has a fever of 100° degrees or more, they should stay home for 24 hours after the temperature returns to normal without fever reducing medication.
- Has vomited or has had diarrhea, the student should stay home until 24 hours after the last episode.
- Has a rash that may be disease-related or the cause is unknown, check with their health care provider before sending your student to school.

If your student is ill, please keep your student home and report the symptoms or illness using the attendance line or via ParentVue for tracking and attendance purposes. If your child has a contagious illness such as chicken pox, strep throat, pertussis, influenza, or COVID-19, please indicate that in your message.

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

DISEASE	SIGNS/SYMPTOMS	INCUBATION PERIOD	CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
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.	Usually 13-17 days following exposure, but can be as long as 21 days.	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 the health office if diagnosed.	Chicken pox spreads very easily from person to person by direct contact with fluid from blisters or through the air when an infected person coughs or sneezes.

DISEASE	SIGNS/SYMPTOMS	INCUBATION PERIOD	CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
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.	2-12 days	Yes. No exclusion is necessary for mild sores in children who are in control of their mouth secretions.	The virus is transmitted by direct contact with infected persons.
Common Cold (Viral Respiratory Infections)	Runny nose, sneezing, chills, tiredness, fever, muscle aches, sore throat, and cough that may last 2-7 days.	Colds: 1-3 days Other respiratory illness: up to 10 days	Yes, unless fever is present. Exclude from school until the student is fever free for 24 hours and is well enough to participate in normal daily activities. ***Please check COVID-specific exclusion guidelines***	Different viruses spread directly through coughing and sneezing and from direct contact with a person who is infected.
COVID-19	Fever, chills, cough, shortness of breath, body aches, headaches, vomiting/diarrhea, or a new loss of taste or smell. People may also be infected and have no symptoms.	2-14 days	NO. Excluded from school until all of the following are true: <ol style="list-style-type: none"> 1. It has been 5 days since symptoms started (or since a test was taken, whichever comes first) 2. Fever free for 24 hours without fever reducing medicine 3. Symptoms are improving and your child can wear a well-fitting mask at school through day 10 after symptoms started or test was taken. Children who are unable to wear a well-fitting mask should stay home for a full 10 days.	Spread from infected persons through breathing, coughing, and sneezing.
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.	4-14 days	Yes. No exclusion necessary unless fever is present.	Spread through contact with infected respiratory 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.	Usually 3-5 days	NO. Exclude until no fever for 24 hours and blisters have dried into scabs.	Spread through contact with nose and throat drainage and stool of infected persons.
Head Lice	Itching of the scalp. Look for live lice in the hair and small nits (eggs) attached to the hair near the scalp.	Nits hatch in 6-10 days. Re-infestation can occur if nits are not thoroughly removed.	Yes, but treatment is recommended and your student should be encouraged to avoid head to head contact.	Transmitted primarily by direct contact with an infested person, or through combs, brushes, bedding, hats, hair ornaments, helmets and sleeping bags.
Impetigo	Blister-like sores that form an oozing, sticky, yellow crust. Itching is often present.	1-10 days	NO. Exclude from school until 24 hours after antibiotic treatment begins.	Spread by direct contact with an infected person or with nose or throat secretions.

DISEASE	SIGNS/SYMPTOMS	INCUBATION PERIOD	CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
Influenza Like Illness (ILI)	Sudden onset of fever, headache, muscle pain, body aches, cough and sore throat.	1-7 days	NO. Exclude from school until no fever for 24 hours and the student is well enough to participate in normal activities.	Spread directly through coughing, sneezing and contact with nose or throat secretions.
Mono (Infectious Mononucleosis)	Fever, sore throat, tiredness and swollen glands in the neck. A rash may be present.	4-6 weeks	Yes, unless fever is present. Exclude from school until the student is well enough to participate in normal activities.	Spread from person to person through saliva, direct contact and kissing.
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.	1-3 days	Bacterial: NO. Exclude from school until 24 hours after antibiotic treatment begins. Viral: Yes. Generally requires no treatment and no exclusion.	Most infections are due to viruses. May be spread through direct contact, hand to eye.
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.	4-14 days	NO. Exclude from school until 24 hours after treatment begins. Lesions should be covered with clothing or a bandaid while the student is in school.	Spread by contact with an infected person, animal or contaminated articles.
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.	2-6 weeks	NO. Exclude from school until 24 hours after treatment begins	Mite is transferred by direct contact with skin or through shared bedding, towels, and clothing of 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.	1-3 days	NO. If positive for Strep, exclude from school until 12 hours after antibiotic treatment begins, <i>and</i> student is fever free for 12 hours, <i>and</i> student is well enough to participate in normal activities.	Streptococcal bacteria are spread directly from the nose and throat discharges of infected persons.
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.	4-21 days	NO. Exclude from school until 5 days after antibiotic treatment begins. Notify health office if diagnosed	Spread by coughing and sneezing.