

<b>DISEASE</b>	<b>SIGNS/SYMPTOMS</b>	<b>INCUBATION PERIOD</b>	<b>CAN MY STUDENT GO TO SCHOOL?</b>	<b>HOW IS IT SPREAD?</b>
<b>Chicken Pox</b>	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.	<b>NO.</b> 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 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.
<b>Cold Sores/Fever Blisters (Herpes Simplex)</b>	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.
<b>Common Cold (Viral Respiratory Infections)</b>	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 student is fever free for 24 hours and is well enough to participate in normal daily activities.	Different viruses spread directly through coughing and sneezing and from direct contact with a person who is infected.
<b>Fifth Disease</b>	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.
<b>Hand, Foot and Mouth Disease</b>	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	<b>NO.</b> 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.
<b>Head Lice</b>	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.	<b>NO.</b> Exclude from school until the first treatment is completed and no live lice are seen. Student must be checked by health office on return to school.	Transmitted primarily by direct contact with an infested person, or through combs, brushes, bedding, headwear, hair ornaments, helmets and sleeping bags.
<b>Impetigo</b>	Blister-like sores that form an oozing, sticky, yellow crust. Itching is often present.	1-10 days	<b>NO.</b> Exclude from school until 24 hours after antibiotic treatment begins.	Spread by direct contact with an infected person or with nose or throat secretions.
<b>Influenza Like Illness (ILI)</b>	Sudden onset of fever, headache, muscle pain, body aches, cough and sore throat.	1-7 days	<b>NO.</b> Exclude from school until no fever for 24 hours and student is well enough to participate in normal activities.	Spread directly through coughing, sneezing and contact with nose or throat secretions.
<b>Mono (Infectious Mononucleosis)</b>	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.
<b>Pink Eye (Conjunctivitis)</b>	<b>Bacterial:</b> The white part of the eye is pink or red with pus or sticky drainage. The eyes are painful or itchy. <b>Viral:</b> 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: <b>NO.</b> 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.

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<b>Ringworm</b>	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	<b>NO.</b> 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.
<b>Scabies</b>	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	<b>NO.</b> 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.
<b>Strep Throat and Scarlet Fever</b>	May have sudden onset of fever, sore throat, swollen glands, headache, nausea, stomachache or vomiting. <b>Scarlet fever:</b> A very fine raised rash is present on the neck, chest, elbow, groin, thighs and armpits.	1-3 days	<b>NO.</b> If positive for Strep, exclude from school until 24 hours after antibiotic treatment begins, <i>and</i> student is fever free for 24 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.
<b>Whooping Cough (Pertussis)</b>	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	<b>NO.</b> Exclude from school until <b>5 days</b> after antibiotic treatment begins. Notify health office if diagnosed	Spread by coughing and sneezing.

## IS MY STUDENT WELL ENOUGH TO GO TO SCHOOL?

Many students and parents/guardians are frequently concerned about when students should stay home or attend school. The following information is intended to help with this decision.

### General Guidelines:

If the student:

- Has a fever of 100° degrees or more, the student 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 health care provider before sending student to school.
- Has an illness, keep the student home and call the school daily to report the symptoms for Influenza tracking and attendance purposes.

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