

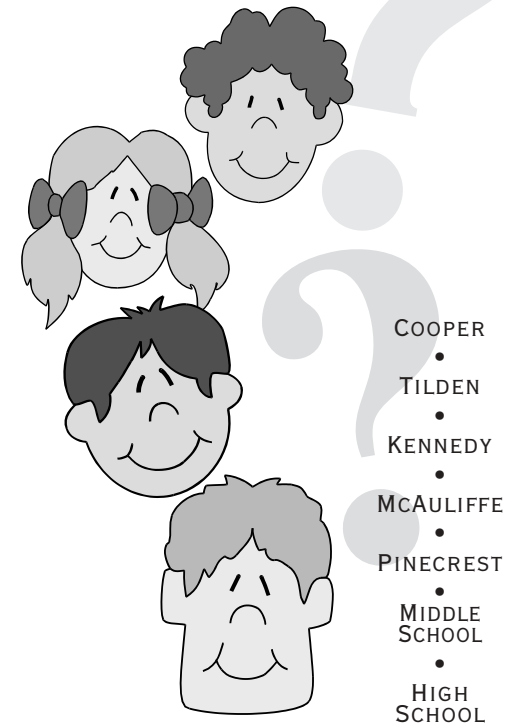
DISEASE	SYMPTOMS	INCUBATION PERIOD	CAN MY CHILD GO TO SCHOOL?	RECOMMENDATIONS	HOW CAN YOU CATCH THIS DISEASE?
<b>IMPETIGO</b>	Blisters or sores that quickly turn into honey-colored scabs usually around mouth and nose.	1 to 10 days (sometimes longer)	<b>NO</b>	<ul style="list-style-type: none"> <li>Child is considered "contagious" and should stay home until sores are completely healed or until he/she has been on antibiotics for 24 hours.</li> </ul>	Impetigo is spread by direct contact with sores or by personal articles that are soiled with discharges from the nose and throat.
<b>INFLUENZA</b>	Chills, body ache, headache, fever, sore throat followed by cough, runny nose and possibly stomach ache.	24 to 72 hours	<b>YES, WHEN TEMPERATURE IS DOWN TO 100° FOR 24 HOURS</b>	<ul style="list-style-type: none"> <li>Child may attend school when he/she is well enough to participate in their usual activities and temperature is down to 100° for 24 hours (usually takes about 2-5 days).</li> </ul>	This virus is possibly spread through the air from coughing, sneezing and direct contact with nose and throat discharges of an infected person.
<b>MONONUCLEOSIS</b>	Fever, sore throat, swollen glands in the neck.	Probably 30 to 50 days	<b>DOCTOR SHOULD DETERMINE</b>	<ul style="list-style-type: none"> <li>Child should follow doctor's suggestions for attending school.</li> </ul>	This virus is spread from person-to-person by secretions from mouth and throat. Kissing may be a way this disease is spread by young adults.
<b>PINK EYE (CONJUNCTIVITIS)</b>	Red and irritated eyes. May have discharge from eyes.	24 to 72 hours	<b>NO</b>	<ul style="list-style-type: none"> <li>Child should see doctor for diagnosis and treatment.</li> <li>Children should not attend school until 24 hours after being treated.</li> <li>Encourage good hand washing, especially after touching or rubbing eyes.</li> </ul>	Pink eye is probably spread by hand to eye contact.
<b>RINGWORM</b>	Ring shaped rash that may have a bumpy edge. Center of rash may be clear.	4 to 10 days	<b>NO</b>	<ul style="list-style-type: none"> <li>Child may not come to school until 24 hours after being treated.</li> <li>May want to cover rash to discourage scratching.</li> </ul>	Ringworm is spread by direct contact with a person or animal that's infected or by contact with personal articles of an infected person
<b>SCABIES</b>	Itchy rash with small bumps usually on the thighs, beltline, wrists, elbows, or between fingers. Rash may become infected because of scratching.	2 weeks to 2 months	<b>NO</b>	<ul style="list-style-type: none"> <li>Child may not come to school until 24 hours after being treated by a doctor.</li> <li>Check other family members for rash.</li> </ul>	Scabies is caused by a mite that is spread by direct contact with an infected person and by sharing clothes or bedding with an infected person.
<b>STREP THROAT</b>	Fever, sore throat, headache, stomach ache, vomiting, swollen glands. (A rash with strep throat is called SCARLET FEVER). Not all symptoms may exist.	1 to 3 days	<b>NO</b>	<ul style="list-style-type: none"> <li>Child must have throat culture to diagnose strep.</li> <li>Child may not return to school until antibiotics have been taken for at least 24 hours.</li> <li>Child should finish all medication, even if they're feeling better.</li> </ul>	Strep throat is spread from person-to-person by secretions from the nose and throat.



**Good hand washing stops the spread of many communicable diseases.**

**References:** Infectious Diseases in Child Care Settings: Information for Directors, Caregivers and Parents or Guardians, 4th edition March 1998 Prepared by: Hennepin County Community Health

# Am I Well Enough to go to School?



**HASTINGS**  
PUBLIC SCHOOLS  
School District 200

School Health Services

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

## GENERAL GUIDELINES

**Follow the 24 hour rule, To send your child back to school.**

Please keep your child home 24 hours after:

- Vomiting
- Diarrhea
- Treating for lice
- Fevers
- Starting Antibiotics

- If your child has any **rash** for which you do not know the cause, check with your family physician/clinic before sending the student to school.
- If you are keeping your child **home ill**, call the school daily to report the illness.
- If the student must take **medication** at school, written permission from a physician and parent are required.

If you have any questions about the above information or an illness, please call your family physician/clinic, or school nurse.

It is important to keep the school notified of any changes in work and home telephone numbers so the school can reach you if your child becomes ill at school.



**Good hand washing stops the spread of many communicable diseases.**

## INFORMATION ABOUT COMMON CHILDHOOD DISEASES

DISEASE	SYMPTOMS	INCUBATION PERIOD	CAN MY CHILD GO TO SCHOOL?	RECOMMENDATIONS	HOW CAN YOU CATCH THIS DISEASE?
<b>CHICKEN POX</b>	Slight fever, rash that resembles a water blister. The rash usually starts on the body and spreads to arms, legs and face. The rash looks like a “dew drop on a red base”. The pox start to scab after 3-4 days.	2 to 3 weeks	<b>NO</b>	<ul style="list-style-type: none"> <li>• Child should stay home from school until <u>all pox are dry and have scabs</u>.</li> <li>• If your child has been exposed to chicken pox, but has no symptoms, he/she may go to school.</li> <li>• Vaccine is available.</li> </ul>	This disease is caused by a virus and is spread by direct contact with the pox or direct contact from the discharges of the nose and throat of someone with chicken pox. Occasionally, airborne spread occurs from secretions from the nose or mouth.
<b>COLD SORES (HERPES SIMPLEX)</b>	Watery blister that usually appears on the lips.	2 to 12 days	<b>YES</b>	<ul style="list-style-type: none"> <li>• Child may attend school unless he/she is not feeling well enough to participate in their usual activities.</li> <li>• If blister gets a honey-colored scab, check with doctor or school Health Office to make sure it's not impetigo.</li> </ul>	This virus is spread by direct contact with an infected person's saliva or sores.
<b>COMMON COLD</b>	Sneezing, runny nose, watery eyes and not feeling well.	12 hours to 3 days	<b>YES</b>	<ul style="list-style-type: none"> <li>• Child may attend school unless he/she is not feeling well enough to participate in their usual activities.</li> <li>• Use and encourage good hand washing especially after covering mouth for coughing or blowing nose.</li> </ul>	The common cold is spread by direct contact with discharges from nose and throat or from used tissues.
<b>FIFTH'S DISEASE (ERYTHEMA INFECTIOSUM)</b>	Rash that usually appears on the face. This rash looks like a “slapped cheek.” Sometimes a fever. May have lacy rash on trunk/arms.	4 to 14 days (can be as long as 20 days)	<b>YES</b>	<ul style="list-style-type: none"> <li>• Child may attend school unless he/she is not feeling well enough to participate in their usual activities.</li> <li>• Pregnant women should contact their healthcare provider about exposures.</li> </ul>	Probably nose, throat or blood discharge — unknown.
<b>HEAD LICE</b>	Scratching of the head. Nits (lice eggs) are tiny cream colored oval eggs that are stuck to the hair. Live lice are small brownish - colored insects that move quickly in the hair. You may or may not see live lice.	Lice eggs (nits) hatch in one week	<b>NO</b>	<ul style="list-style-type: none"> <li>• Child may NOT attend school until lice and nits (eggs) are treated.</li> <li>• Child should stay home until 24 hours after treatment is completed.</li> <li>• Check all members of your family for lice and/or nits.</li> <li>• Follow cleaning directions (ask school Health Office if you need directions).</li> <li>• When appropriate, schools may exclude children until all of the eggs (nits) are removed.</li> <li>• Children with live lice will not be allowed in school.</li> </ul>	Lice are spread by contact with a person who has lice. Live lice can live on objects such as hair, brushes, combs, hats, scarves, jackets, backpacks, towels, sofas, chairs and bedding for 2-3 days.