There are three main reasons to keep sick children at home:

1. The child doesn’t feel well enough to take part in normal activities, (such as; overly tired, fussy or won’t stop crying).
2. The child needs more care than teachers and staff can give, and still care for the other children.
3. The illness is on this list and staying home is recommended.

And remember, the best way to prevent the spread of infection is through good hand washing.

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>Child Must Be at Home?</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIARRHEA frequent, loose or watery stools</td>
<td>Yes - if child looks or acts sick; if child has diarrhea with fever and isn’t acting</td>
</tr>
<tr>
<td>compared to child’s normal ones that are</td>
<td>normally; if child has diarrhea with vomiting; if child has diarrhea that overflows</td>
</tr>
<tr>
<td>not caused by food or medicine</td>
<td>the diaper or the toilet</td>
</tr>
<tr>
<td>FEVER with behavior change or other illness</td>
<td>Yes, when the child also has a rash, sore throat, vomiting, diarrhea, behavior</td>
</tr>
<tr>
<td>A fever of 100°F or above in babies 4</td>
<td>changes, stiff neck, difficulty breathing, etc.</td>
</tr>
<tr>
<td>months or younger needs immediate medical</td>
<td></td>
</tr>
<tr>
<td>attention.</td>
<td></td>
</tr>
<tr>
<td>“FLU-LIKE” SYMPTOMS Fever over 100°F with</td>
<td>Yes - for at least 24 hours after the fever is gone, without the use of medicine that</td>
</tr>
<tr>
<td>a cough or sore throat. Other flu symptoms</td>
<td>reduces the fever</td>
</tr>
<tr>
<td>can include tiredness, body aches,</td>
<td></td>
</tr>
<tr>
<td>vomiting and diarrhea</td>
<td></td>
</tr>
<tr>
<td>COUGHING Note: Children with asthma may</td>
<td>Yes - if severe, uncontrolled coughing or wheezing, rapid or difficulty breathing</td>
</tr>
<tr>
<td>go to school with a written health care</td>
<td>and medical attention is necessary</td>
</tr>
<tr>
<td>plan and the school is allowed to give</td>
<td></td>
</tr>
<tr>
<td>them medicine and treatment</td>
<td></td>
</tr>
<tr>
<td>Mild RESPIRATORY OR COLD SYMPTOMS stuffy</td>
<td>No - may attend if able to take part in school activities. Keep home if symptoms are</td>
</tr>
<tr>
<td>nose with clear drainage, sneezing, mild</td>
<td>severe. This includes fever and the child is not acting normally and/or has trouble</td>
</tr>
<tr>
<td>cough</td>
<td>breathing.</td>
</tr>
<tr>
<td>RASH WITH FEVER Note: Body rash without</td>
<td>Yes – call the doctor. Any rash that spreads quickly, has open, weeping wounds and/or</td>
</tr>
<tr>
<td>fever or behavior changes usually does not</td>
<td>is not healing should be evaluated</td>
</tr>
<tr>
<td>need to stay home from school, call the</td>
<td></td>
</tr>
<tr>
<td>doctor</td>
<td></td>
</tr>
<tr>
<td>VOMITING Throwing up two or more times in</td>
<td>Yes - until vomiting stops or a doctor says it is not contagious. If the child has</td>
</tr>
<tr>
<td>the past 24 hrs</td>
<td>a recent head injury watch for other signs of illness and for dehydration</td>
</tr>
</tbody>
</table>
# ILLNESS POLICY - HOW SICK IS TOO SICK?
## WHEN TO KEEP YOUR CHILD AT HOME

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>Child Must Be at Home?</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHICKEN POX</td>
<td>Yes - until blisters have dried and crusted (usually 6 days)</td>
</tr>
<tr>
<td>CONJUNCTIVITIS (PINK EYE) pink color of eye and thick yellow/green discharge</td>
<td>No (bacterial or viral) – children don’t need to stay home unless the child has a fever or behavioral changes. Call the doctor for diagnosis and possible treatment.</td>
</tr>
<tr>
<td>CROUP (SEE COUGHING) Note: May not need to stay home unless child is not well enough to take part in usual activities</td>
<td>Seek medical advice</td>
</tr>
<tr>
<td>FIFTH’S DISEASE</td>
<td>No - child is no longer contagious once rash appears</td>
</tr>
<tr>
<td>HAND FOOT AND MOUTH DISEASE (Coxsackie virus)</td>
<td>No - unless the child has mouth sores, is drooling and isn’t able to take part in usual activities</td>
</tr>
<tr>
<td>HEAD LICE OR SCABIES</td>
<td>Yes - from end of the school day until after first treatment.</td>
</tr>
<tr>
<td>HEPATITIS A</td>
<td>Yes - until 1 week after the start of the illness and when able to take part in usual activities</td>
</tr>
<tr>
<td>HERPES</td>
<td>No, unless - the child has open sores that cannot be covered or is drooling uncontrollably</td>
</tr>
<tr>
<td>IMPETIGO</td>
<td>Yes - for 24 hours after starting antibiotics</td>
</tr>
<tr>
<td>RINGWORM</td>
<td>Yes - from end of school until after starting treatment Keep area covered for the first 2 days</td>
</tr>
<tr>
<td>ROSEOLA</td>
<td>Yes – if the child has a fever and rash, call the doctor</td>
</tr>
<tr>
<td>RSV (Respiratory Syncytial Virus)</td>
<td>Staying home isn’t necessary, but is recommended when a child in not well enough to take part in usual activities and/or is experiencing acute respiratory symptoms. Call the doctor. RSV spreads quickly through classrooms</td>
</tr>
<tr>
<td>STREP THROAT</td>
<td>Yes - for 24 hours after starting antibiotics and the child is able to take part in usual activities</td>
</tr>
<tr>
<td>VACCINE PREVENTABLE DISEASES Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)</td>
<td>Yes – the doctor says the child is no longer contagious</td>
</tr>
<tr>
<td>YEAST INFECTIONS including thrush or Candida diaper rash</td>
<td>No - follow good hand washing and hygiene practices</td>
</tr>
</tbody>
</table>

**References**