



HEALTH SERVICES ILLNESS GUIDELINES

Deciding when to keep your student home from school can be difficult. When a student is sick and needs to stay at home, parents should contact the school and describe the illness and symptoms. If a Health Care Provider makes a specific diagnosis (such as strep throat, conjunctivitis, chicken pox, etc.), send in a note from the Health Care Provider with instructions for care at school.

There are several reasons students should stay home from school:

1. The student does not feel well enough to participate in usual activities and exhibits signs of extreme fatigue, unexplained irritability, or persistent crying.
2. The student requires more care than the school staff is able to provide without negatively impacting the health and safety of other students.
3. The student is not vaccinated due to medical or religious reasons and there is an outbreak in the school.
4. The student has an illness that requires them to stay home and/or their Health Care Provider has provided a written return to school letter with a return date.

The following list gives guidelines and recommendations for exclusion from school due to specific symptoms or diagnoses:

ILLNESS OR SYMPTOM	EXCLUSION IS NECESSARY
Chicken Pox/Varicella	Yes – Until blisters have dried and crusted (usually 6 days).
Conjunctivitis (pink eye)/Eye Discharge (Itchy, pink, or red eyes with thick mucus or pus draining from the eye)	Yes – May return 24 hours after treatment begins. If your Health Care Provider (HCP) decides not to treat your child, a note from the provider is required. Eyes must be free of discharge and drainage before returning to school.
Coughing/Cold (Severe, uncontrolled coughing or wheezing, difficulty breathing, shortness of breath, large amount of thick nasal discharge)	Yes – Medical attention may be necessary. Student must be fever free for 24 hours and the student's other symptoms are improving. <i>Note: Students with asthma may be cared for in school with a written health care plan and authorization for medication/treatment. For asthmatic students, coughing/wheezing should improve or resolve with the use of the inhaler. If it does not resolve or worsens, the student must be sent home for further treatment or medical evaluation.</i>
Coxsackie Virus (Hand, foot and mouth disease)	No – May attend if able to participate in school activities unless the student has mouth sores and is drooling, fatigued, or has a temperature of 100.4 F degrees or higher.
Diarrhea	Yes – Stool not contained in the diaper for a diapered child, or loose or watery stool causing "accidents" for a toilet-trained child whose frequency exceeds 2 stools above normal. Must be symptom-free for 24 hours without symptom-reducing medications to return. <i>Exception: The HCP provided documentation stating that the student is not infectious or that the diarrhea is caused by diet/medical factors.</i>
Fever	Yes – When temperature is elevated to 100.4 F degrees or higher. Must be fever-free for 24 hours without fever-reducing medications to return.
Fifth's Disease (Diagnosed)	No – Student is no longer contagious once rash appears and temperature is within normal limits (under 100.4 F degrees).
Head Lice	Yes – May return after treatment and removal of all live lice and nits from hair. A maximum of 3 days will be excused for this.
Hepatitis A	Yes – Until determined not infectious by a healthcare provider.
Herpes Zoster	Yes – If area is oozing and cannot be covered, e.g., mouth sores. Otherwise, may return to school.

Impetigo	Yes – Student may return to school 24 hours after antibiotic treatment has begun. Wound drainage must be covered and contained with clean dry bandage.
Molluscum Contagiosum	No – Affected area must be covered by clothing or bandage.
Mononucleosis/Epstein-Barr	Yes – Student must be fever free for 24 hours without fever-reducing medications and be able to participate in school activities.
MRSA/Staph Infection	Yes – May return 24 hours after treatment starts. Wound must be covered with dressing taped on all 4 sides. Wound drainage must be covered and contained with clean dry bandage.
Respiratory Illness/Virus	Yes – Medical attention may be necessary. Student must be fever free for 24 hours and the student's other symptoms are improving.
Rash	Yes – May return to school when Health Care Provider determines that illness is not communicable, and parent brings in note from Health Care Provider with return date, or rash completely resolves. <i>Note: If rash is accompanied by fever, student must be fever-free for 24 hours without fever-reducing medications and rash must be resolved prior to returning to school.</i>
Ringworm	No – As long as area can be covered by bandage or clothing. Over-the-counter treatment must begin when student goes home. Area must remain covered at school until ringworm completely resolves. Yes – If ringworm is unable to be covered with bandage or clothing, worsens or spreads, parent must seek medical advice and a note from a Healthcare Provider will be required for student to return to school.
Scabies	Yes – May return 24 hours after treatment is started with a note from Healthcare Provider that student is no longer contagious and/or proof of treatment.
Strep Throat	Yes – May return after 24 hours of antibiotic treatment. If student has a temperature of 100.4 degrees or higher, must be fever-free for 24 hours without fever-reducing medications to return.
Vaccine-Preventable Diseases (Mumps, measles, rubella, pertussis, whooping cough)	Yes – Until determined not infectious by a Healthcare Provider. May return to school with a note indicating return date from HCP.
Vomiting	Yes – Must be symptom-free for 24 hours without symptom reducing medications to return. Vomiting must be resolved or healthcare provider determine that cause is not communicable. <i>Note: Observe for other signs of illness and for dehydration.</i>



SERVICIOS DE SALUD PAUTAS DE ENFERMEDAD

Decidir cuándo mantener a su estudiante en casa y sin ir a la escuela puede ser difícil. Cuando un estudiante está enfermo y necesita quedarse en casa, los padres deben comunicarse con la escuela y describir la enfermedad y los síntomas. Si un proveedor de atención médica hace un diagnóstico específico (como faringitis estreptocócica, conjuntivitis, varicela, etc.), envíe una nota del proveedor de atención médica con instrucciones para el cuidado en la escuela.

Hay varias razones por las que los estudiantes deberían quedarse en casa y no ir a la escuela:

1. El estudiante no se siente lo suficientemente bien como para participar en las actividades habituales y muestra signos de fatiga extrema, irritabilidad inexplicable o llanto persistente.
2. El estudiante requiere más atención de la que el personal de la escuela puede brindar sin afectar negativamente la salud y seguridad de otros estudiantes.
3. El estudiante no está vacunado por razones médicas o religiosas y hay un brote en la escuela.
4. El estudiante tiene una enfermedad que le obliga a quedarse en casa y/o su proveedor de atención médica ha proporcionado una carta escrita de regreso a la escuela con una fecha de regreso.

La siguiente lista brinda pautas y recomendaciones para la exclusión de la escuela debido a síntomas o diagnósticos específicos:

ENFERMEDAD O SÍNTOMAS	EXCLUSIÓN ES NECESARIA
Varicela	Sí – Hasta que las ampollas se sequen y formen costra (generalmente 6 días).
Conjuntivitis/Secreción Ocular (Ojos con picazón, rosados o rojos con moco espeso o pus que sale del ojo)	Sí – Puede regresar 24 horas después de que comience el tratamiento. Si su proveedor de atención médica decide no tratar a su hijo, se requiere una nota del proveedor. Los ojos deben estar libres de secreción y drenaje antes de regresar a la escuela.
Tos/Resfriado (Tos intensa e incontrolada o sibilancias, dificultad para respirar, gran cantidad de secreción nasal)	Sí – Atención médica puede ser necesario. El estudiante no debe tener fiebre durante 24 horas y los demás síntomas deben estar mejorando. <i>Nota: Los estudiantes con asma pueden recibir atención en la escuela con autorización escrito para medicamentos/tratamiento. Para los estudiantes asmáticos, la tos/sibilancias deberían mejorar o resolverse con el uso de un inhalador. Si no se resuelve o empeora, el estudiante debe ser enviado a casa para recibir tratamiento adicional o evaluación médica.</i>
Virus Coxsackie (Enfermedad de manos, pies y boca)	No – Puede asistir si puede participar en las actividades escolares, a menos que tenga llagas en la boca y esté babeando, fatigado o tenga una temperatura de 100.4 F grados o más.
Diarrea	Sí – Heces que no se pueden contener en el pañal de un niño que usa pañales, o “accidentes” de heces blandas o acuosas en un niño que ya sabe ir al baño cuya frecuencia excede 2 deposiciones por encima de lo normal. Debe estar libre de síntomas durante 24 horas y sin medicamentos para reducir los síntomas para regresar. <i>Excepción: Documentación proporcionada por el HCP que indique que el estudiante no es infeccioso o que la diarrea es causada por factores dietéticos o médicos.</i>
Fiebre	Sí – Cuando la temperatura se eleva a 100.4 grados F o más. Debe estar sin fiebre durante 24 horas sin medicamentos para reducir la fiebre para regresar.
Quinta Enfermedad (Diagnosticada)	No – El estudiante ya no es contagioso una vez que aparece el sarpullido y la temperatura está dentro de los límites normales.
Piojos	Sí – Puede regresar después del tratamiento y la eliminación de todos piojos y liendres vivos del cabello. Para ello se excusarán un máximo de 3 días.
Hepatitis A	Sí – Hasta que un proveedor de atención médica determine que no es infeccioso.