

AM I WELL ENOUGH TO GO TO SCHOOL?

The following guidelines are intended to help in the decision on if your child should attend school or stay home because of illness.

Please keep your child home from school:

- If your child has had an oral temperature of 100 degrees or higher in the past 24 hours. Keep your child home from school until 24 hours after fever is gone (WITHOUT use of fever reducing medicine).
- If your child has vomited in the previous 24 hours.
- If your child has diarrhea in the previous 24 hours and/or they are not feeling well and need to use the bathroom frequently.
- If your child has a rash for which the cause is unknown, see your healthcare provider before sending them to school.
- If your child has an illness that prevents them from participating in routine activities.
- If your child has symptoms of or has been diagnosed with an illness listed in the chart below that requires your child to stay home.



Disease	Symptoms	Contagious Period	When must your child stay home?	How do you catch this disease?
COVID-19	<p>Your child may have a fever, chills, cough, shortness of breath, body aches, headache, vomiting/diarrhea, or a new loss of taste or smell. Your child may also be infected and have no symptoms.</p> <p>If your child has been infected, it may take 2 to 14 days for symptoms to start.</p>	<p>If your child has symptoms: From 2 days before to 10 days after the symptoms started.</p> <p>If your child never had any symptoms: from 2 days before to 10 days after the test was taken.</p>	<p>1. It has been 5 days since symptoms first started (or 5 days since a test was taken if your child does not have any symptoms) and</p> <p>2. until 24 hours after fever is gone (without the use of a fever reducing medicine) and</p> <p>3. symptoms are improving and child can wear a wellfitting mask at childcare/school for 10 days after symptoms started (or 10 days after test was taken if your child does not have symptoms).</p>	<ul style="list-style-type: none"> ● By close contact with some who are infected. ● By breathing, coughing, and sneezing. Cases with no symptoms can still spread disease to others.

Fact Sheet	COVID-19 Parent/Guardian Fact Sheet			
Cold Sores (Herpes Simplex)	The first time a child is infected there may be blister-like sores inside the mouth & on the gums. Your child may have a fever & be fussy. The cold sores & blisters may occur many times in a person's life.	First infection: up to 2 weeks, sometimes longer. (Recurring infection: 3-5 days.)	School aged children do not need to stay home.	<ul style="list-style-type: none"> • By having direct contact with saliva, commonly by kissing. • By touching the fluid from the blisters or sores
Fact Sheet	Cold Sores (Herpes Simplex) Parent/Guardian Fact Sheet			
Conjunctivitis (Pink Eye)	Your child may have redness, itching, pain, & drainage from the eyes. Your child may have a fever.	While symptoms are present.	Keep your child home from school if fever is present or your child is not healthy enough to participate in routine activities. Antibiotics or a note from a health care provider is not required to return to school.	<ul style="list-style-type: none"> • By touching secretions from the eyes, nose, or mouth. • By touching hands, objects, or surfaces contaminated with secretions.
Fact Sheet	Pink Eye (Conjunctivitis) Parent/Guardian Fact Sheet			
Hand Foot and Mouth Disease	Your child may have a runny nose, low-grade fever, and sometimes a sore throat. A blister-like rash occurs in the mouth. It may be on the sides of the tongue, inside the cheeks, and on the gums. These sores may last 7 to 10 days. This rash may occur on the palms and fingers of the hands, on the bottom of the feet, or on the buttocks. If your child is infected, it may take 3 to 6 days for symptoms to start.	During the first week of illness. The virus may be in the stool for several weeks.	<p>Keep your child home from childcare and school until fever is gone, sores have crusted over and the child is healthy enough for routine activities.</p> <p>A rash may still be present.</p>	<ul style="list-style-type: none"> • By coughing and sneezing. • By touching hands, objects, or surfaces contaminated with stool. • By touching fluid from the blisters.
Fact Sheet	Hand Foot and Mouth Disease Parent/Guardian Fact Sheet			
Disease	Symptoms	Contagious Period	When must your child stay home?	How do you catch this disease?
	Itching of the head and neck. Look for:	Until treated with a lice killing product.	Your child does not need to stay home from school, but it is recommended that your child be	<ul style="list-style-type: none"> • By head-to-head contact. • By sharing personal items that come in

Developed using the Hennepin County Infectious Diseases in Childcare Settings and Schools Manual, this manual is designed to provide specific disease prevention and control guidelines which are consistent with the national standards put forth by the American Public Health Association and the American Academy of Pediatrics. For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Head Lice	1. Crawling lice in the hair. 2. Eggs (nits) glued to the hair, often found behind the back of the neck. 3. Scratch marks on the head or back of the neck at the hairline.	* Recommended treatment includes using either a store-bought or prescription lice killing product.	treated for head lice. * Your child should be encouraged to avoid head-to-head contact with other children.	contact with the head (combs, brushes, hats, etc.). *Lice do not jump or fly; they crawl & can fall off the head. Head lice do not live longer than 48 hours off the head & can only lay eggs while on the head. Lice do not spread to or from pets.
Fact Sheet	Head Lice Parent/Guardian Fact Sheet			
Impetigo	Your child may have sores on the skin. The sores can produce a thick golden yellow discharge that dries, crusts, & sticks to the skin. It usually begins at a break in the skin & can start near a cut or insect bite.	Until sores are healed or the person has been treated for at least 24 hours.	Keep your child home from school if impetigo is confirmed by your healthcare provider. Your child will need to stay home until 24 hours after treatment is started and the sores are drying.	<ul style="list-style-type: none"> • By touching the fluid from the sores. • By touching contaminated objects (for example clothing, bedding, towels).
Fact Sheet	Impetigo Parent/Guardian Fact Sheet			
Influenza (The Flu)	Your child may have chills, body aches, fever, & headache. Your child may also have a cough, runny or stuffy nose, and sore throat. Illness may last up to 7 days.	During the 24 hours before & up to 7 days after the illness begins.	Keep your child home from school until 24 hours after fever is gone (without use of fever reducing medicine) & your child is healthy enough for routine activities.	<ul style="list-style-type: none"> • By coughing or sneezing. • By touching contaminated hands, objects, or surfaces.
Fact Sheet	Influenza (The Flu) Parent/Guardian Fact Sheet			
Respiratory Syncytial Virus (RSV)	Your child may have a cough, watery eyes, runny nose or stuffiness, or sneezing. Symptoms may last for 7 days. People with severe RSV may wheeze and/or have lung congestion. If your child is infected, it may take 2 to 8 days for symptoms to start.	For 3 to 8 days after symptoms start. Some infants can spread RSV for up to 4 weeks.	Keep your child home from childcare until fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities.	<ul style="list-style-type: none"> • By coughing or sneezing. • By touching contaminated hands, objects, or surfaces.
Fact Sheet	Respiratory Syntactical Virus Parent/Guardian Fact Sheet			