

COMMON CONCERNS PARENTS HAVE ABOUT THE HEALTH OF THEIR DAY CARE OR SCHOOL-AGE CHILD

Parents are frequently concerned about when to keep their child at home or send them to school or day care. The following information is intended to help you with this decision.

General practice:

- If your child has a fever of 100.5° or more, the child should stay home for 24 hours after the temperature returns to normal.
- If your child has vomited or had diarrhea, the child should stay home until 24 hours after the last episode.
- If your child has any rash that may be disease-related or you do not know the cause, check with your health care provider before sending your child to school or day care.
- If your child is ill, please call the school or day care to report the illness.

If you have any questions regarding the above information or your child's illness, please call your school nurse or your health care provider.

* This brochure may be reproduced.

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DISEASE	SIGNS & SYMPTOMS	CONTAGIOUS PERIOD	SCHOOL & DAY CARE RESPONSE & COMMENTS ON PREVENTION
Chicken Pox (varicella zoster)	Slight fever, general feeling of illness, rash resembling water blisters appearing after 3-4 days. Scabs appear later. Blisters, open sores, and scabs are seen together.	Usually 1-2 days prior to rash to 6 days after rash or until last blister is dry and crusted.	<ol style="list-style-type: none"> 1. Exclude from school/day care until 7 days after onset of rash or until blisters are dry and crusted. 2. Varicella vaccine available at 12-15 months and booster at 4-6 years.
Cold Sores (Herpes Simplex)	Blister-like lesions on lips, mouth, skin, or in mucous membranes.	Should be considered infectious whenever lesions are present.	<ol style="list-style-type: none"> 1. No exclusion from school/day care. 2. Good hygiene; thorough hand washing. 3. Antiviral treatment may modify acute illness.
Common Cold	Acute upper respiratory signs, including watery eyes, sneezing, running nose, general feeling of illness.	24 hours before onset and for five days after nasal involvement.	<ol style="list-style-type: none"> 1. No exclusion from school/day care unless ill with fever.
Impetigo	Lesions (blisters) on skin may contain pus covered by honey-colored crusts.	Until dry scabs have formed and spreading has stopped.	<ol style="list-style-type: none"> 1. Exclude from school or day care until lesions have crusted and/or child has been on antibiotic therapy for 24 hours. 2. See health care provider for treatment. 3. Thorough hand washing.
Lice (Pediculosis)	Itching of scalp (head lice) or body (body lice). Scratching causes reddened, rash-like area. The eggs, called nits, are tiny and white and stick firmly to the hair.	As long as lice or eggs remain alive on the infested person or clothing.	<ol style="list-style-type: none"> 1. Exclude infected child from school/day care until treated with an effective lice killing product, such as Nix. 2. Consult your school policy for return to school recommendations. 3. Examine close contacts for evidence of lice infestation. 4. Ask your school/daycare for the Wood County Health Dept. Lice Control Brochure for further instructions.
Mononucleosis due to Epstein-Barr Virus (EBV)	Fever sore throat, swollen lymph nodes ("swollen glands"), and other manifestations.	Prolonged; excretion of virus may persist for a year or longer; many people are carriers of EBV.	Children should rest at home and return to school or day care at the advice of their health care provider.
Pink-eye (Conjunctivitis bacterial or viral)	Redness of conjunctivae (lining of eye and eyelid); may have pus drainage from eye, sometimes swelling of eyelids. Eye irritation.	Usually while inflammation or drainage is present. Allergic conjunctivitis is <u>not</u> contagious.	<ol style="list-style-type: none"> 1. Thorough hand washing. 2. Refer to health care provider for diagnosis and treatment. 3. Exclude from school/day care until non-communicable; usually 24 hours after treatment is begun. 4. A child with allergic conjunctivitis is <u>not</u> restricted from school.
Whooping Cough (pertussis)	Runny nose, low-grade fever and cough progressing to explosive severe coughing that can interrupt breathing, eating and sleeping. A whooping or crowing sound as they struggle to inhale.	From the onset of symptoms until 2 weeks after the cough begins. Contagious until on antibiotics for 5 days.	<ol style="list-style-type: none"> 1. Exclude until 5 days after antibiotic treatment begins. 2. Pertussis vaccine booster available at kindergarten and at 11-18 years.

COMMON CONCERNS PARENTS HAVE ABOUT THE HEALTH OF THEIR DAY CARE OR SCHOOL-AGE CHILD (cont.)

DISEASE	SIGNS & SYMPTOMS	CONTAGIOUS PERIOD	SCHOOL & DAY CARE RESPONSE & COMMENTS ON PREVENTION
Respiratory Flu (Influenza)	Sudden onset chills, fever, headache, muscle aches followed by respiratory signs and symptoms.	Probably no more than 3 days after onset.	<ol style="list-style-type: none"> 1. Exclude from school, day care, work place until well, usually 2-7 days. 2. Thorough hand washing. 3. Antiviral treatment may be indicated for some contacts with chronic underlying medical conditions. 4. Flu vaccine available.
Ringworm (Tinea Corporis)	1 or more ring-shaped or irregular shaped red lesions on skin with raised edges that may be blister-like or scaly. Typically found on the face, stomach, back, or arms.	As long as lesions (sores) are present.	<ol style="list-style-type: none"> 1. Exclude from school/day care/work for 24 hours after treatment has begun with an anti-fungal medication. 2. Cover lesions until gone.
Scabies	Tiny red dots in straight lines (burrows) usually found first between fingers but also on the wrists, elbows, thighs, beltline, abdomen, and buttocks. Intense itching at the site of the burrows becomes more intense at night or after exercise when warm.	Until mites and eggs are destroyed with a prescribed treatment.	<ol style="list-style-type: none"> 1. Exclude from school/day care/work until day after prescribed treatment is started. 2. Refer to health care provider for diagnosis and treatment. 3. Preventative treatment for those having skin to skin contact. 4. Household cleaning.
Fifth Disease (Parvovirus B19)	Low grade fever, fatigue, distinctive facial rash (often referred to as slapped cheeks); lace-like rash on trunk/extremities.	Up to 7 days prior to development of rash.	Routine exclusion is not recommended unless fever is present. Pregnant women should consult with their health care provider.
Stomach Flu (gastroenteritis)	Loose, watery stools, abdominal cramps, often vomiting and fever, abdominal pain.	Throughout course of illness. Some remain contagious even after symptoms end.	<ol style="list-style-type: none"> 1. Hand washing and improved personal hygiene. 2. Refer to health care provider for diagnosis and treatment. 3. Exclude from school/day care until no symptoms. 4. Exclude person from food handling until no symptoms.
Strep Throat	Inflamed sore throat, fever, and headache.	10-21 days in untreated cases; 24-48 hours after beginning treatment with appropriate antibiotics.	<ol style="list-style-type: none"> 1. Refer to health care provider for treatment. 2. Exclude from school/day care until <u>24-48 hours after antibiotic</u> treatment is started.
Scarlet Fever	General skin rash, pale around the mouth, red spots in throat, red tongue.		
Hand, Foot & Mouth (Enteroviral)	Sore throat and mild fever lasting 1-3 days. Vesicles form on the cheeks, gums, or side of tongue. Vesicles later appear on the feet and hands.	Virus is transmitted through the nose/throat, discharge, and feces during the acute stage of the illness. Can be transmitted in feces, as long as several weeks when no illness is apparent.	<ol style="list-style-type: none"> 1. Thorough hand washing after contact with nose and throat discharge and feces. 2. Exclude from school/day care until no fever is present and vesicles begin to subside.

**IS MY CHILD
WELL ENOUGH
TO GO
TO SCHOOL OR
DAY CARE?**



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