

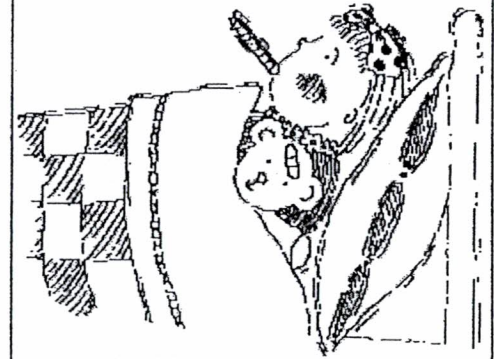
COMMON CONCERNS PARENTS HAVE ABOUT THE HEALTH OF THEIR SCHOOL-AGE CHILD

Guidelines developed by the epidemiologists at Hennepin County Community Health Department

<p>Many families are frequently concerned about when students should stay home or attend school. The following information is intended to help with this decision.</p> <p>GENERAL PRACTICE</p> <ul style="list-style-type: none">• If student has had a fever of 100° or more, the student should stay home until they have been fever free without use of a medication for 24 hours.• If a student has vomited or had diarrhea, the student should stay home until 24 hours after their last episode.• If student has any rash that may be disease-related or you do not know the cause, check with your family physician before sending the student to school.• If student is ill, please call the school daily to report the illness.• If student has a harsh cough that keeps him/her awake at night or interrupts other students, consider keeping at home. <p>If you have any questions about the above information or an illness, please call your school nurse or your family physician.</p>	Disease	Symptoms	Incubation Period	School Action and Comments on Communicability	Source of Infection and Mode of Transmission
	Chicken Pox	<ul style="list-style-type: none">* Slight fever* General skin rash that begins on chest, back, neck and face* Red bumps turn into small blisters* Scabs appear after a few days	10-21 days Usually symptoms appear 14-16 days after being exposed.	<ol style="list-style-type: none">1. Exclude from school until blisters are dry and crusted.2. Contagious 1-2 days before eruption and not more than 5 days after last crop of blisters appear.	Virus spreads through discharge from the nose, mouth, skin, and mucous membranes of infected persons. Readily contagious. Children on immuno-suppressive drugs are at high risk.
	Cold Sores (Herpes Simplex)	Blister-like sores usually on the lips and face or inside the mouth. May be confused with Impetigo.	2-14 days	<ol style="list-style-type: none">1. No restriction.2. May be contagious as much as seven weeks after lesion appears.	Virus is transmitted by direct contact with infected persons, a majority of whom will have unapparent infections.
	Common Cold	Acute upper respiratory signs including watery eyes, sneezing running nose, and a general feeling of illness.	Up to 10 days after exposure	<ol style="list-style-type: none">1. No restriction unless ill.2. Contagious 24 hours before onset and for 5-8 days after nasal involvement.	Virus spreads directly through coughing, sneezing, and explosive manner of speech in which droplets are cast; indirectly through articles freshly soiled by discharges of infected persons.
	Influenza	Chills, body ache, headache, fever, sore throat, followed by cough, runny nose, and possibly stomachache.	24-72 hours	<ol style="list-style-type: none">1. Exclude from school until well, usually 2-7 days.	Virus spreads directly through coughing, sneezing, and contact with nose or throat discharges of patient. Possibly airborne.
	Impetigo	Blisters, pustules rapidly covered with honey-colored crusts. May be confused with cold sores. Usually seen first near mouth or nose.	1 to 6 days, occasionally longer	<ol style="list-style-type: none">1. Exclude from school until after 24 hours of treatment, or until lesions are dry.2. Contagious until lesions are healed.	Bacteria is spread by direct contact with persons, or with discharges from nose or throat of patient; airborne transmission also occurs. Usually caused by Group A Beta-Streptococcus/Staphylococcus
	Mono-nucleosis	<ul style="list-style-type: none">* Fever* Sore throat* Swollen lymph glands (neck)* Headache* Excessive tiredness	Probably 4-6 weeks	<ol style="list-style-type: none">1. Restrict according to doctor orders.2. Period of contagiousness unknown.	Virus spreads by respiratory route. Kissing may facilitate spread among young adults.

Disease	Symptoms	Incubation Period	School Action and Comments on Communicability	Source of Infection and Mode of Transmission
Lice (Pediculosis)	Lice or nits infest the head, hair, or other hairy parts of the body or clothing. Pubic (crab) lice usually infest the pubic area. Scratching causes a reddened, rash-like area. Nits are tiny eggs stuck to hair, usually close to scalp at neckline and/or behind ears.	Variable-eggs hatch in 7-10 days	<ol style="list-style-type: none"> 1. Lice are a nuisance and not a disease. 2. Parent/guardian will be notified and provided with treatment instructions. 3. Children infested with head lice can stay in school the day lice is detected. 4. Children with head lice can return to school following treatment. 	Lice are transmitted primarily by direct contact with infested persons. Lice can also be transmitted through combs, brushes, bedding, wearing apparel, and upholstered furniture.
Pink Eye (Conjunctivitis)	Redness of eyes. May or may not have pus-like discharge. Eye irritation.	24-72 hours, but can be up to 12 days depending on organism.	<ol style="list-style-type: none"> 1. Refer for medical diagnosis and treatment. 2. Contagiousness depends on agent. Exclude until 24 hours after treatment started. 	Most are viral in cause; some bacterial. May be spread through hand eye contact. Redness of eye may also be result of allergic reaction.
Reye's Syndrome	Sudden onset of violent vomiting, mental confusion, extreme sleepiness, and very fatigue, twitching or jerking movements, hostility, coma.	1-7 days following viral infection (cold, flu, chicken pox).	<ol style="list-style-type: none"> 1. If one or more symptoms appear, call physician immediately. 2. Go to emergency room of hospital. 3. Do not give aspirin or aspirin products. 	Usually follows viral infection. It is not contagious. Cause unknown. No prevention. Requires immediate attention at onset of symptoms. Most common in young children. Potential for increased risk if aspirin products are used.
Ringworm (Tinea Corporis)	Ring-shaped or irregular lesion with dry and scaly borders that may show central clearing. May become inflamed and crusted.	1 to 3 weeks	<ol style="list-style-type: none"> 1. Refer for medical diagnosis and treatment. 2. Lesions should be covered. 	Contact with human or animal infected with the fungus or its spores, or by contact with contaminated articles.
Scabies	Itching, scratch marks, or burrow marks. Common sites are thighs, beltline, wrists, elbows, webs of fingers. Scratching may cause secondary infections or rash.	2-6 weeks from the time a person is exposed until symptoms appear	<ol style="list-style-type: none"> 1. Refer for medical diagnosis and treatment. 2. Can return to school the day following treatment. 3. Family should be examined. 	Mites are transferred by direct contact with an infected person or to undergarments or soiled sheets freshly contaminated by an infected person.
Strep throat Scarlet Fever	Fever, sore throat, headache, nausea, vomiting. (If associated with rash it is called Scarlet Fever).	2-5 days	<ol style="list-style-type: none"> 1. If positive for strep, exclude from school until 24 hours after antibiotic treatment is started and until clinically well. 2. Contagious until 24 hours after treatment is started. 	Bacteria is spread directly from nose and throat discharges of infected persons.

**AM I WELL
ENOUGH TO
GO TO SCHOOL?**



**MANKATO AREA
PUBLIC & NON PUBLIC SCHOOLS**