



# School District 622

NORTH ST. PAUL | MAPLEWOOD | OAKDALE

*Ready for tomorrow*

## IS MY CHILD WELL ENOUGH TO GO TO SCHOOL?

Many students and parents/guardians are frequently concerned about when students should stay home or attend school. The following information is intended to help with this decision.

### General Guidelines:

---

If the student:

- Has a temperature of 100.4 degrees or higher, the student should stay home for 24 hours after their temperature returns to normal (less than 100.4 degrees) without fever reducing medication.
- Has vomited once or has had diarrhea two or more times, the student should stay home until 24 hours after the last episode.
- Has a rash that may be disease-related or the cause is unknown, check with their healthcare provider before returning to school.

If the student is ill, please keep them home and notify the attendance line daily to report the illness. Please notify the School Nurse if your child has a contagious condition such as chicken pox, strep throat, whooping cough, or influenza.

### Other Information:

---

Remember, children ill with an infectious disease can spread the disease when in contact with others in the family and the community.

If you have any questions about the above information, please call your school nurse or healthcare provider.

Good hand washing stops the spread of many communicable diseases.

When students become ill at school, the school nurse will attempt to contact the parent/guardian first and then the name(s) listed as emergency contacts. It is important to keep the school up-to-date with any changes in telephone numbers.

DISEASE	SIGNS/SYMPOMS	INCUBATION PERIOD	CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
<b>Chickenpox</b> <a href="http://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/chickenpox-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/chickenpox-parent.pdf?la=en</a>	Fever and skin rash that comes in clusters. Rash begins on the chest, back, underarms, neck, and face. Rash turns to blisters and then scabs.	2 to 3 weeks	<b>NO.</b> Exclude from school until blisters have scabbed, usually about 6 days after rash appears. Notify School Nurse if diagnosed.	Very easily spread from person to person by direct contact with the blisters. Also spread through contact with mouth/nose secretions.
<b>Cold Sores (herpes simplex)</b> <a href="http://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/herpes-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/herpes-parent.pdf?la=en</a>	Blisters that appear on the lips, face, and mouth. Sores usually crust and heal within a few days.	2 to 12 days	<b>Yes.</b> No exclusion necessary for mild sores in children who are in control of their mouth secretions.	Direct contact with the infected person's saliva or sores.
<b>Common Cold</b> <a href="http://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/respiratory-infection-viral-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/respiratory-infection-viral-parent.pdf?la=en</a>	Runny nose, sneezing, chills, fever, sore throat, and cough.	1 to 3 days Respiratory infections can last up to 10 days	<b>Yes.</b> No exclusion necessary unless fever is present.	Direct contact with secretions from the infected person's mouth or nose.
<b>COVID-19</b> <a href="https://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/covid-19-parent-fact-sheet.pdf">https://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/covid-19-parent-fact-sheet.pdf</a>	Fever, chills, cough, shortness of breath, body aches, headaches, vomiting/diarrhea, or a new loss of taste or smell. Child may also be infected and have no symptoms.	2 to 14 days	<b>NO.</b> Exclude from school until all of the following are true: 1. 5 days after symptoms first started/after a test was taken if your child does not have any symptoms, and 2. until 24 hours after fever is gone (without the use of a fever reducing medicine), and 3. symptoms are improving	By close contact with someone who is infected, by breathing, coughing, and sneezing, by touching contaminated objects or surfaces
<b>Croup</b> <a href="https://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/croup-parent-fact.pdf">https://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/croup-parent-fact.pdf</a>	Runny nose, sore throat, mild cough, and fever. Several days later there may be a dry cough and hoarseness. Rapid breathing or making a noise when taking a breath may also occur. The cough may be worse at night.	Up to 10 days	<b>Yes.</b> No exclusion necessary unless fever is present. Must be able to participate in routine activities.	By coughing or sneezing. By touching contaminated hands, objects, or surfaces.
<b>Fifth Disease</b> <a href="http://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/fifth-disease-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepin/residents/health-medical/infectious-diseases/fact-sheets/fifth-disease-parent.pdf?la=en</a>	Rash on cheeks (looks like a slapped cheek). May spread to the arms and/or chest. Fever may be present.	4 to 14 days	<b>Yes.</b> No exclusion necessary unless fever is present.	Direct contact with infected mouth or nose secretions.



DISEASE	SIGNS/SYMPTOMS	INCUBATION PERIOD	CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
<b>Hand, Foot, and Mouth Disease</b> <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/hfmd-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/hfmd-parent.pdf?la=en</a>	Sores occur in the mouth, on palm of hands, fingers, and on soles of feet. Sores may last 7 to 10 days. A low grade fever may be present.	3 to 5 days	NO. Exclude until fever free for 24 hours.	Direct contact with mouth and nose secretions or stool of infected persons.
<b>Head Lice</b> <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/headlice-parents.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/headlice-parents.pdf?la=en</a>	Itching of the scalp. Nits (lice eggs) and live lice can be found in the hair. Nits are attached to the hair near the scalp. Live lice are small, brown insects that move through the hair.	Nits hatch in 6 to 10 days. Re-infestation can occur if nits are not thoroughly treated or removed.	YES. No exclusion necessary. School nurses will work with families to determine if support is needed for treatment and will schedule rechecks in the health office as needed.	Direct contact with infested person's hair, comb/brush, bedding, helmets, etc. Lice can live on objects such as jackets for 2 to 3 days.
<b>Impetigo</b> <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/impetigo-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/impetigo-parent.pdf?la=en</a>	Blister-like sores that form an oozing, yellow crust. It may itch.	1 to 10 days	NO. Exclude from school until 24 hours after antibiotic treatment begins and sores are drying.	Direct contact with infected mouth or nose secretions.
<b>Influenza</b> <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/influenza-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/influenza-parent.pdf?la=en</a>	Sudden onset of fever, headache, muscle pain, body aches, cough, and sore throat.	1 to 3 days	NO. Exclude from school until fever free for 24 hours and student is well enough to participate in normal activities.	Direct contact with mouth and nose secretions.
<b>Mononucleosis</b> <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/mononucleosis-parent.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/mononucleosis-parent.pdf?la=en</a>	Fever, sore throat, tiredness, swollen glands in neck. A rash may be present.	4 to 6 weeks	<b>To be determined by doctor.</b> Must be fever free for 24 hours and able to participate in normal activities.	Direct contact with infected saliva. Often spread through kissing or sharing drinks.
<b>Pink Eye (conjunctivitis)</b> <a href="https://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/conjunctivitis-parent.pdf">https://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/conjunctivitis-parent.pdf</a>	<b>Bacterial:</b> pink/red irritated eye with pus or sticky drainage. Painful. <b>Viral:</b> pink/red eye with clear, watery discharge. May be painful.	1 to 3 days	Yes. No exclusion necessary unless the child has a fever or is not healthy enough to participate in routine activities.	Direct hand to eye contact.
<b>Ringworm</b> <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/ringworm-parent-fact.pdf?la=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/ringworm-parent-fact.pdf?la=en</a>	Flat, ring-shaped rash that may be dry and scaly OR moist and crusty.	4 to 14 days	NO. Exclude from school until 24 hours after treatment begins. Area should be covered with clothing or a bandage while the student is in school.	Direct contact with infected person or contaminated objects/clothing.

DISEASE	SIGNS/SYMPOMS	INCUBATION PERIOD	CAN MY STUDENT GO TO SCHOOL?	HOW IS IT SPREAD?
<p><b>Scabies</b>  <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/scabies-parent-fact.pdf?1a=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/scabies-parent-fact.pdf?1a=en</a></p>	<p>Rash with intense itching that is commonly found between fingers, around wrists, near elbows, and in armpits. Can be seen on knees, waistline, thighs, abdomen, chest, and buttocks. Worse at night.</p>	<p>2 to 6 weeks</p>	<p>NO.  Exclude from school until 24 hours after treatment begins.</p>	<p>A mite is transferred by direct contact with skin or through shared bedding, towels, or clothing of an infected person.</p>
<p><b>Streptococcal Infection (strep throat/scarlet fever)</b>  <a href="https://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/strep-parent-2018.pdf">https://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/strep-parent-2018.pdf</a></p>	<p>Fever, sore throat, swollen glands, headache, nausea and/or vomiting. If you have a fine, raised rash with strep throat, it is called Scarlet Fever.</p>	<p>1 to 3 days</p>	<p>NO.  Exclude from school until 12 hours after antibiotic treatment begins and student is fever free for 24 hours.</p>	<p>Direct contact with mouth and nose secretions.</p>
<p><b>RSV (Respiratory Syncytial Virus)</b>  <a href="https://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/rsv-parent.pdf">https://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/rsv-parent.pdf</a></p>	<p>Cough, watery eyes, fever, runny nose or stuffiness, or sneezing. Symptoms may last for 7 days. <b>Severe RSV</b> may wheeze and/or have lung congestion. RSV can be serious for premature babies and people with heart, lung, or immune system problems.</p>	<p>2 to 8 days</p>	<p>NO.  Exclude from school until fever free for 24 hours and the student is well enough to participate in normal activities.</p>	<p>Coughing or sneezing, by touching contaminated hands, objects, or surfaces.</p>
<p><b>Whooping Cough (pertussis)</b>  <a href="http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/pertussis-parent-fact.pdf?1a=en">http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases-fact-sheets/pertussis-parent-fact.pdf?1a=en</a></p>	<p>Begins with runny nose, sneezing, mild cough, and low grade fever. After 1 to 2 weeks, a persistent cough develops which may occur in explosive bursts. Cough occurs more at night.</p>	<p>4 to 21 days</p>	<p>NO.  Exclude from school until 5 days after antibiotic treatment begins. If not treated with 5 days of antibiotics, exclusion should be for 21 days after cough onset.</p>	<p>Direct contact with mouth and nose secretions.</p>

<https://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases/Specific-Exclusion-School.pdf?1a=en&hash=AE35CAA5244634CEE380FE49C5F4473D7104079E>