

## North Brookfield Public Schools

### ILLNESS GUIDELINES

#### HOW SICK IS TOO SICK?

#### WHEN TO KEEP YOUR CHILD AT HOME FROM SCHOOL

**In the event that your child becomes sick please call the school**

#### THERE ARE THREE MAIN REASONS TO KEEP CHILDREN AT HOME:

- The child doesn't feel well enough to take part in normal activities.
- The child needs more care than the nurse, teacher, staff can give.
- The illness is on this list and staying home is recommended.

SYMPTOMS	CHILD MUST BE AT HOME?
<p><b>DIARRHEA</b> frequent, loose or watery stools compared to child's normal ones that are not caused by food or medicine.</p>	<p><b>YES:</b> if your child looks or acts sick; if child has diarrhea with fever and isn't acting normally; if your child has diarrhea with vomiting.</p>
<p><b>FEVER</b> with behavior change or other illness.</p>	<p><b>YES:</b> when the child has a rash, sore throat, vomiting, diarrhea, sore muscles, difficulty breathing etc.</p>
<p><b>"FLU-LIKE" SYMPTOMS</b> Fever of 100 degrees F with a cough or sore throat. Other flu symptoms can include tiredness, body aches, vomiting and diarrhea.</p>	<p><b>YES:</b> for at least 24 hours after fever is gone, without the use of medicine that reduces the fever.</p>
<p><b>COUGHING</b> Note: Children with asthma may go to school with a written health care plan and the school is allowed to give them medicine and treatment.</p>	<p><b>Yes:</b> If severe, uncontrolled coughing or wheezing, rapid or difficulty breathing and medical attention is necessary.</p>
<p><b>Mild Respiratory or Cold Symptoms:</b> stuffy nose with clear drainage, sneezing, mild cough</p>	<p><b>No:</b> may attend if able to take part in school activities. Keep home if symptoms are severe. This includes fever and the child is not acting normally and/or has trouble breathing.</p>
<p><b>Rash with Fever</b> Note: Body rash without fever or behavior changes usually does not need to stay home from school, call the doctor.</p>	<p><b>Yes:</b> call the doctor. Any rash that spreads quickly, has open weeping wounds and/or is not healing should be evaluated.</p>

<b>VOMITING</b> Throwing up two or more times in the past 24 hours.	<b>YES:</b> Until vomiting stops/MD states it is not contagious. Watch for dehydration.
<b>CHICKEN POX</b>	<b>YES:</b> until blisters have dried and crusted (usually 6 days).
<b>CONJUNCTIVITIS (PINK EYE)</b> Pink or red eyes with thick mucous or pus draining from the eye.	<b>YES:</b> May return 24hrs after treatment begins.
<b>Croup: (see coughing)</b> <b>Note:</b> May not need to stay home unless child is not well enough to take part in usual activities.	<b>Seek medical advice</b>
<b>Fifth's Disease</b>	<b>No:</b> Child is no longer contagious once rash appears.
<b>Hand Foot and Mouth Disease (Coxsackie virus)</b>	<b>No:</b> Unless the child has mouth sores, is drooling and isn't able to take part in usual activities.
<b>Head Lice or Scabies</b>	<b>See Lice Policy</b>
<b>Hepatitis A</b>	<b>Yes:</b> Until 1 week after the start of the illness and when able to take part in usual activities.
<b>Herpes</b>	<b>No,</b> unless the child has open sores that cannot be covered or is drooling uncontrollably.
<b>Impetigo/Staph/MRSA infection</b>	<b>Yes:</b> for 24 hours after starting antibiotics and then the wound must be covered with a clean dry dressing and taped on all four sides and secure.
<b>Ringworm</b>	<b>Yes:</b> From the end of school until after starting treatment. Keep area covered for the first 2 days.
<b>Roseola</b>	<b>Yes:</b> If the child has a fever and a rash, call the doctor.

<b>RSV (Respiratory Syncytial Virus)</b>	Staying home isn't necessary but is recommended when a child is not well enough to take part in usual activities and/or is experiencing acute respiratory symptoms. Call the doctor. RSV spreads quickly through a classroom.
<b>Strep Throat</b>	<b>Yes:</b> For 24 hours after starting on antibiotics and the child is able to take part in usual activities.
<b>Vaccine Preventable Diseases-measles, mumps, rubella, pertussis (whooping cough)</b>	<b>Yes:</b> The doctor must state that the child is no longer contagious Also if a child is not vaccinated for a vaccine preventable illness they must be kept home until the danger of being infected by that illness has passed.
<b>Yeast Infections-including thrush or Candida diaper rash.</b>	<b>No:</b> Follow good hand washing and hygiene practices.