

Student Illness

It is sometimes difficult to know when to keep a student home from school with an illness. The following guidelines are available to assist in this decision. **A student who is ill needs to be away from school for rest and proper recovery and to prevent the spread of illness to other students and staff.** A visit to the healthcare provider may also be needed for medical evaluation and treatment. Parents/legal guardians will be called and are responsible for picking-up students who present to school with an illness, or who become ill at school. Please contact the school nurse for help deciding whether to keep your child home when ill.

Frequently Asked Questions

When should sick children stay home from school? If your child feels too sick to participate in classroom activities, or will have difficulty completing assignments due to illness, or has one of the illnesses on this form, please keep them home.

Does my child need to stay home when the child just has a cold? Most children with mild colds with no fever, and who feel well enough to go to school, do not need to stay home. Most colds spread in the 1- 3 days before children show symptoms such as a runny nose or minor cough.

How long will my child need to stay home if the child is sick? The resource linked at the bottom explains how long children should stay home after they become sick with certain illnesses.

If my child was excluded, what does my child need to come back to school? The list below shows whether a medical note, medical test result, or parent note is required for your child to return to school after being absent for an illness.

What illness might keep my child from participating in other activities? Children with illnesses spread by close contact, like lice, scabies, shingles, staph or strep skin infections may not be allowed to participate in some sports or physical education activities. Children with mononucleosis (Mono) or CMV may be told not to participate in Physical Education (PE) or sports in order to avoid injuries.

Questions to consider when your child is sick:

1. Does your child’s illness keep him/her from comfortably taking part in activities?
2. Does your sick child need more care than the staff can give without affecting the health and safety of other children?
3. Could other children get sick from being near your child?

<u>CONDITION</u>	<u>WHEN TO KEEP A CHILD HOME / EXCLUDE FROM SCHOOL</u>
ABDOMINAL PAIN	Exclude if abdominal pain continues for more than two hours or intermittent pain associated with fever or other signs or symptoms of illness.
BED BUGS	Exclusion from school is not necessary; however, the parent/guardian will be notified and must follow the home-treatment guidelines.
CHICKEN POX / VARICELLA	An evaluation by a healthcare provider is needed to ensure accurate diagnosis. Exclude until all lesions have dried or crusted (usually 6 days after onset of rash and no new lesions have appeared for at least 24 hours).
COUGH	Exclude if cough is associated with fever, rapid or difficult breathing, wheezing or cyanosis (blueness of skin or mucous membranes). And in compliance with COVID-19 policy.
COVID-19	<p>Excelsior Classical Academy works closely with the Durham County Health Department, including collaborating with the guidance of the Strong Schools NC Public Health Toolkit (K-12). Our school will continue to provide our families guidelines as they are updated.</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html</p>
DIARRHEA	<p>Diarrhea is defined as bowel movements (stools) that are more frequent or less formed than usual for the child and not associated with changes in diet.</p> <p>Diarrhea may also be defined as 3 or more loose stools in 24 hours.</p>

	<ul style="list-style-type: none"> ● Exclude if bowel movement (stool) is not contained in the diaper, for diapered children; or, diarrhea is causing “accidents”, for toilet-trained children. ● Students in K through 5th grades should stay home until diarrhea stops for 24 hours or until a healthcare provider clears the child to return to school. ● Older children in 6th through 12th grades with diarrhea do not have to stay home, unless they are spreading illness in the school setting, they have diarrhea with blood or mucus, or they have diarrhea from one of the contagious conditions listed below. ● Children of any age must have a medical note to return to school or childcare after having diarrhea that contains blood or mucus. ● Children with non-infectious illnesses such as Irritable Bowel Syndrome (IBS) or Crohn’s Disease often have uncontrolled diarrhea containing either blood or mucus. These children do not have to have a medical note to return to school or childcare once symptoms have resolved. ● Children who can use the restroom or whose diarrhea is contained in diaper-type underwear do not have to be excluded if the diarrhea is known to be from a non- contagious condition, or if it continues after the child completes antibiotics for a diarrhea-causing illness. ● A medically fragile child or child who needs help with using the bathroom may need to be out of school or childcare if the diarrhea makes it hard for his or her caretakers to keep the classroom clean. ● Children of any age are excluded with diarrhea from Campylobacter, Cryptosporidium, E. coli (Enteropathogenic E.coli (EPEC), Enterotoxigenic E. coli (ETEC), Shiga Toxin Producing E. coli (STEC), Giardia, Norovirus, Rotavirus, Salmonella, or Shigella. <ul style="list-style-type: none"> ○ A healthcare provider must clear return-to-school for confirmed cases of E. coli and other Shiga Toxin Producing E. coli (STEC), Salmonella Typhi (Typhoid fever), and Shigella. ○ Student may return to school after diarrhea stops for 24 hours for cases of Campylobacter, Enteropathogenic E.coli (EPEC), Enterotoxigenic E. coli (ETEC), Giardia, Norovirus, Rotavirus, and most types of Salmonella.
<p style="text-align: center;">FEVER</p>	<p>A fever is defined as 100.4 degrees or higher. Students with fever may return to school when the fever is gone and the student has not had fever reducing medications for >24 hours.</p>

	Note: Students with an elevated temperature, over 99 degrees, and feeling lethargic or ill need to stay home. An elevated temperature may be an early indication of illness and/or imminent fever.
FIFTH'S DISEASE (SLAPPED CHEEK SYNDROME)	A viral illness, only contagious during the early part of illness, before the rash appears. Once the child has the red rash on cheeks "slapped cheeks appearance", he or she is not contagious and may attend school. Generally, no treatment is necessary for otherwise healthy children other than over-the-counter medication for symptom relief.
FLU or INFLUENZA LIKE ILLNESS (ILI)	Influenza-Like Illness (ILI) is defined as an oral temperature of greater than 100° F with a cough and/or sore throat for which there is no other known cause. A child with the flu will be excluded for a fever of 100 degrees with cough and/or sore throat until he or she is fever free for at least 24 hours without any fever medicines.
HAND, FOOT, MOUTH DISEASE	Children with hand, foot, and mouth disease should be out of school or childcare while they have fever, above normal, drooling, trouble swallowing, or are too sick to do normal school or childcare activities.
HEAD LICE	Children with crawling lice or with nits (eggs) 1/4 inch or closer to the scalp may be sent home at the end of the day, if head-to-head contact with other children can be avoided. Otherwise, they may be sent home immediately. Your child may return with a parent note after their first treatment with a facility-approved lice removal product, if there are no active lice crawling on your child's head. After treatment, you must check the scalp daily and must remove the nits. Your child's scalp will be checked at school 7-10 days after treatment for any newly hatched lice. If any are present, you will be notified that a retreatment is required. Siblings of the child and those with head-to-head contact need to be checked; checking entire classrooms is not necessary. Treating the head alone is not enough to get rid of lice. Other treatment measures in the home will be needed, such as washing/drying bed linens, items worn on/close to the head, bagging stuffed animals for 2 weeks, drying pillows and items that can't be washed, and vacuuming sofas, mattresses, and carpet/rugs.
HAEMOPHILUS FLU TYPE B (HIB)	Children with a Hib infection are excluded until cleared by a healthcare provider to return to school or childcare.

HEPATITIS A	Children are excluded until one week after the start of illness or jaundice. The child may return with a medical note one week after the start of the jaundice.
IMPETIGO	<p>Your child may return after receiving antibiotics for 24 hours, as long as the sores have stopped oozing and are starting to get smaller, or if the sores can be covered completely with a watertight bandage. A parent note is needed to return to school or childcare.</p> <p>(Upon discovery, if lesions can be covered, exclusion is not needed before the end of the school day. However, it is better for the student to be evaluated and start treatment as soon as possible.)</p>
MEASLES (RUBEOLA)	Children with measles can return with a medical note four days after the rash begins, if they have no fever and feel well enough to participate in regular school or childcare activities.
MENINGITIS	A child with signs of meningitis (high fever, rash, stiff neck) must remain out of school or childcare until a healthcare provider provides a medical note stating that the child may return.
MUMPS	Children with mumps can return with a medical note five days after the parotid gland swelling
PINK EYE / CONJUNCTIVITIS	<p>If symptoms of conjunctivitis (eye redness, drainage, crusting) are present, the child will need to be evaluated by a healthcare provider. Once symptoms have improved, they may return to school with a healthcare provider's approval. Other symptoms include: eye redness with pain, sensitivity to light, greenish-yellow discharge or crusting, and/or a foreign body sensation in the eye or urge to rub. In cases of widespread outbreak, school health staff may adjust this policy in order to prevent the spread. (Referenced from CDC.gov on November 2023)</p>
RASH	Children who have a quickly spreading rash or a rash with fever or behavior change are to be removed from school or childcare immediately. Children with

	<p>rashes that are blistered, draining, and appear infectious or accompanied by other signs of illness need to see a healthcare provider. A medical note is required to return.</p>
RINGWORM	<p>Treatment with anti-fungal medication is required. Children with ringworm of the scalp must remain out of school from the end of the day until they have begun treatment with a prescription oral antifungal medication. Your child may return with a medical note.</p> <p>Children with ringworm of the body must remain out of school or childcare from the end of the day until they have begun treatment with a topical antifungal medication. Your child may return with a parent note.</p>
RUBELLA / GERMAN MEASLES	<p>Keep your child home until seven days after rash starts. The child may return with a medical note.</p>
SCABIES	<p>Keep children with scabies out of school or childcare until treatment/medication has been completed (usually overnight). A medical note is required to return.</p> <p>(Upon discovery, if lesions can be covered, exclusion is not needed before the end of the school day. However, it is better for the student to be evaluated and start treatment as soon as possible.)</p>
SHINGLES	<p>Keep children home who have shingles sores or blisters that cannot be covered. Your child may return once the sores are dried or scabbed.</p>
SKIN INFECTIONS FROM STAPH or STREP (INCLUDES MRSA) or HERPES	<p>Children must see a healthcare provider for diagnosis and treatment. Children may attend school or childcare if the sores are covered with clothes or dressings, and if the drainage does not come through clothes or dressing. Exclude if child has not been treated, MRSA or other infectious condition confirmed.</p>
STREP THROAT	<p>Children must see a healthcare provider for prescription medication. Your child with strep throat can return to school or childcare with a medical note 24 hours after starting antibiotics, if there is no fever.</p>

TUBERCULOSIS (TB)	Keep children who are diagnosed by a healthcare provider with active (infectious) TB home until the healthcare provider treating the TB writes a medical note that says that the child is no longer contagious.
VOMITING	Keep children home until there has been no vomiting for a full 24 hour period. All children should stay home for any green or bloody vomit. If the child is vomiting and also has not urinated for 8 hours the child should see the doctor.
WHOOPING COUGH/PERTUSSIS	Children with whooping cough can return to school or childcare with a medical note after completing five days of antibiotics.

Children with the following conditions do not have to be excluded from school or out-of-home activities, if they feel well enough to participate in regular activities:

- Canker Sores
- Chronic Hepatitis B or C
- Colds or coughs, **without** fever or other signs of illness (after COVID-19 ruled out)
- Cold Sores
- Croup
- Cytomegalovirus (your child may need to stay out of PE and sports)
- Disease spread by mosquitoes for example Malaria and West Nile Virus
- Diseases spread by ticks: Babesiosis, Ehrlichiosis, Lyme Disease, Rocky Mountain Spotted Fever, Tularemia
- Ear Infection
- Fifth Disease
- HIV infection
- Mononucleosis (your child may need to stay out of PE and sports)
- MRSA, if child is only a carrier
- Pinworms
- Rash without fever or behavior change
- Roseola, once the fever is gone
- Thrush
- Urinary Tract Infection

- Warts, including Molluscum contagiosum

Communicable Outbreaks

- If there is an outbreak of disease in your child's school, the NC Department of Health may change the exclusions found in this document in order to stop the spread of disease.
- If your child has not received immunizations to protect against diseases like Measles, Mumps, Rubella (German measles), or Chickenpox, he or she may need to be removed from school if there are cases of these illnesses in the school.
- Your school nurse will provide more information if there is an exposure or outbreak.

Help your child stay healthy and ready to learn.

- We hope that your child never has to miss school because of illness or disease.
- The best protection from disease is prevention.
- You can help prevent many illnesses by making sure your child receives immunizations and by making sure your child washes his or her hands often.

Referenced from the North Carolina Department of Health and Human Services and the Centers for Disease Control and Prevention websites

<https://www.ncdhhs.gov/d3cdnuisanceconditions2pdf/open>

<https://www.ncdhhs.gov/d1cdguidelines3pdf/open>

<https://www.cdc.gov/index.htm>