



School Exclusion List

Dear NCA Parents and Guardians,

This document indicates the illnesses for which a child must be kept out of school (exclusion). The list also indicates when medical notes are needed for children to return to school after certain illnesses.

If you have any questions about this list, please contact the nurse's office at health@nwclassical.org

If you think your child has an illness that can be spread to others, please keep him or her home from school or out-of-home childcare. Contact your doctor or local clinic for information about treatment options.

More information can be found at www.cdc.gov or www.choa.org

FAQs

When should If your child feels too sick to go to school or has one of the conditions listed, please keep him/her at home. If you are unsure, please call your doctor or school nurse.

Does my child need to stay home for a cold?

Most children with mild colds who have 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 cough.

Does my child need to stay out of school for pink eye?

Your child may return to school with a medical note 24 hours after starting treatment. Younger children who rub their eyes may need to stay home until symptoms clear, about 3-7 days.

How long will my child need to stay home if she is sick?

The list included in this document will explain how long a child should stay home after they become ill with an excludable condition.

What does my child need in order to return to school after an illness?

The list included in this document shows whether a medical note or parent note is required for your child to return to school after exclusion for illness.

What about activities like sports or PE?

Students with illnesses spread by close contact, like scabies, lice, shingles, or staph or strep skin infections may not be allowed to participate in some sports or PE activities.



Questions To Ask When Your Child Is Sick

1. Does your child's illness keep them 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 the other children?
3. Could other children get sick from being near your child?

If the answer to any of these questions is "yes," your child should not come to school.

Chicken Pox/Varicella

Students may return with a parent note once all the sores and blisters are dried/scabbed. If there are no scabs, he may return when no new sores appear for 24 hours.

Cytomegalovirus (CMV)

A medical note from a healthcare provider is required for your child to return to school.

Diarrhea

For most kinds of diarrhea (defined as 3 or more loose stools in 24 hours):

- Students in K-5th grades should stay home until diarrhea stops for 24 hours or until a doctor clears them to return to school. Your child may return with a parent note.
- Older children in 6th-8th grade do not have to stay home unless they have diarrhea with blood or mucus in it or have diarrhea from one of the contagious conditions listed below.

Any student with diarrhea containing blood or mucus must have a medical note to return.

Students who can use the restroom do not need to be excluded if the diarrhea is known to be from a non-contagious condition or if it continues after a child completes antibiotics for a diarrhea-causing illness.

A medically fragile child or a child who needs help toileting may need to stay home if her diarrhea makes it difficult for caregivers to keep the classroom clean.

Students of any age are excluded with diarrhea from *Campylobacter*, *E. coli*, *Giardia*, *Norovirus*, *Rotavirus*, *Salmonella*, or *Shigella*:

- *Campylobacter*, *Giardia*, *Norovirus*, *Rotavirus*, and most *Salmonella*: Your child may return with a parent note 24 hours after diarrhea stops.
- *E. coli*: for the most severe type, all children must be out of school until the diarrhea stops and 2 labs 24 hours apart are negative for *E. coli* O157:H7. A doctor must provide a medical note to clear the child for school.
- *Salmonella Typhi* (*Typhoid fever*): All students must stay home until the diarrhea stops and 3 lab tests taken 24 hours apart are negative for *Salmonella Typhi*. A medical note from a doctor is required to return to school.
- *Shigella*: All students must stay home until the diarrhea stops and a lab test is negative for *Shigella*. A medical note from a doctor is required to return to school.

Fever By Itself

Keep your child home for a fever of 100°F or higher taken orally. Your child may return with a parent note after the fever has been gone for 24 hours without the use of fever-reducing medications. This prevents a rebound fever from occurring at school, reduces the risk of transmitting infection, and allows for healing.

Fever with Rash, Behavior Change, or Other Symptoms

Students with a fever should stay home if they have signs of severe illness like rash, behavior change, earache, vomiting, confusion, sore throat, or irritability.

Flu, Influenza or Influenza-Like Illness (ILI)

A student with a flu-like illness will be excluded for a fever of 100° with cough and/or sore throat until he is fever-free for at least 24 hours WITHOUT any fever medicines. A parent note is required.

German Measles/Rubella/3 Day Measles

Keep your child home for 7 days after the rash starts. She may return with a medical note.

Hand, Foot, and Mouth Disease

Students should stay home while they have a fever, excessive drooling, difficulty swallowing, or are too sick to do routine school activities. A medical note is necessary to return to school.

Head Lice

Students with crawling lice may be sent home at the end of the day if head-to-head contact with other children can be avoided. If not, they will be sent home immediately. Your child may return with a parent note and proof of treatment after the 1st treatment if there are no active lice crawling on your child's head.

The school will check for lice upon return to school before your child may return to class. We will also check for any newly hatched lice daily for 7-10 days after treatment, as should you. If any are present, the student will need to be re-treated in order to return to school. Please contact your healthcare provider for treatment suggestions.

Hepatitis A / Yellow Jaundice

Students with acute hepatitis A may return with a medical note 1 week after the start of jaundice.

HIB (Haemophilus Influenza Type B)

Students must stay home until cleared by a health care provider. A medical note is required to return.

Impetigo

If your child has dry, honey-colored, crusty sores that can be covered, he may stay at school until the end of the day. If the sores are weepy, oozing, wet, or cannot be covered, he will be sent home immediately. He may return after 24 hours of antibiotics if the sores are not oozing and are getting smaller, or if they can be covered entirely with a watertight dressing. A parent note is required.

Measles/Red Measles/10-Day Measles

Students may return with a medical note 4 days after the rash begins if they have no fever and feel well enough.

Meningitis A

Students with signs of meningitis (high fever, rash, stiff neck) must remain home until cleared by a health care provider. A medical note is required.

Mononucleosis

Students may return with a medical note when cleared by a healthcare provider.

Mumps

Students may return with a medical note 5 days after the swelling begins.

Pink-eye/Conjunctivitis

Students may return to school with a medical note 24 hours after starting treatment. Younger children who rub their eyes may need to stay home until their eyes are free of discharge, about 3-7 days.

Rash

Students with a rapidly spreading rash or rash with fever or behavior change will be excluded immediately. A medical note is required to return.

Ringworm

- K-5th graders with ringworm of the scalp must stay home until they have begun treatment with a prescription oral antifungal. A medical note is required to return.
- K-5th graders with ringworm of the body may come to school if the affected area stays completely covered by clothing. Treatment is recommended.
- Older students with ringworm of the head or body do not need to stay home unless they are spreading the illness at school. Treatment is recommended.

Scabies

Students should stay home until treated. A medical note is required.

Shingles

Students with sores or blisters that can't be covered must stay home. Once sores dry/scab over, your child may return with a parent note.

Skin Infections from Staph or Strep (includes MRSA)

Students may attend school if sores are covered by clothes or dressings and if no drainage comes through the clothes or dressings.

“Strep Throat” / Streptococcal Pharyngitis

Students may return with a medical note 24 hours after starting antibiotics, if there is no fever.

Tuberculosis

A child with active TB should stay home until the doctor treating the TB writes a medical note stating the child is no longer contagious.

Whooping Cough / Pertussis

Students may return with a medical note after completing 5 days of prescribed antibiotics, unless otherwise directed by the school nurse or health department.



If you have any questions or would like more information about any of these conditions, please contact the nurse's office (health@nwclassical.org) or call the front office at (470) 502-9700.

References: www.cdc.gov and www.choa.org