

## OK to Attend

Children with the following conditions do not have to be excluded from school, if they feel well enough to participate in regular activities.

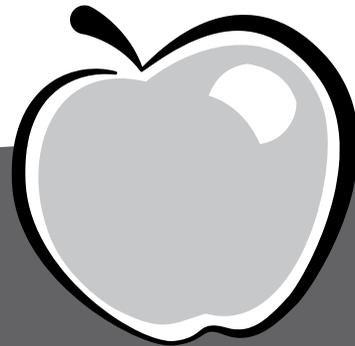
- Canker sores
- Chronic Hepatitis B or C
- Colds or coughs without fever or other signs of illness
- Cold sores
- Croup
- Cytomegalovirus (PE and sports exclusions may apply)
- Disease spread by mosquitos: malaria, West Nile virus
- Diseases spread by ticks: babesiosis, ehrlichiosis, Lyme disease, Rocky Mountain spotted fever, tularemia
- Ear infection
- Fifth disease
- HIV infection
- Mononucleosis (PE and sports exclusions may apply)
- 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
- Yeast diaper rash

## Help your child stay healthy and ready to learn.

We hope that your child never has to miss school because of illness. You can help prevent many illnesses by making sure your child receives all recommended immunizations and washes his or her hands often.

Updated January 31, 2015

# Should I Keep My Sick Child Home from School?



*If you think that your child has an illness that can be spread to others, please keep him or her home from school or childcare and call your health care provider.*

## Dear Parents:

If your child gets a contagious illness, you may be required to keep her home from school until the illness is no longer a danger to others. You'll find a list of contagious illnesses on the S.C. School and Childcare Exclusion List inside this brochure. As you'll see, for some illnesses, your child will need to provide a **parent note** or a **medical note clearing him or her to return to school**.

### The information in this brochure applies to:

- Most students in 1st through 12th grades.
- Some school-aged children with special health care needs and/or certain developmental delays. Your child's school will let you know if the exclusion guidelines for younger children apply to your medically fragile child.

You can also find the School Exclusion List on the DHEC website at: [www.scdhec.gov/Health/ChildTeenHealth/SchoolExclusion](http://www.scdhec.gov/Health/ChildTeenHealth/SchoolExclusion)

**Questions?** Contact your child's school or childcare provider or your local public health department.

## Questions to Consider When Your Child is Sick:

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

**If the answer to any of these questions is "Yes," please keep your child out of school.**

## Frequently Asked Questions

### When should my sick child stay home from school?

If your child feels too sick to go to school or has one of the illnesses listed inside this brochure, keep him home.

### Does my child need to stay home when she just has a cold?

Many children with mild colds who have no fever and who feel well enough to go to school or childcare do not need to stay home. Most colds spread in the 1-3 days before a child gets a runny nose, cough or other symptoms.

### Does my child need to be out of school if she has pinkeye?

No, not unless your health care provider recommends it or the child has a fever or pain. Pinkeye is similar to the common cold in that it can be spread to others but usually clears up without medicine. Frequent, good hand washing is the best way to keep your child from spreading pinkeye.

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

It depends. See the inside of this brochure for illness-specific information.

### Would my child ever be required to stay out of school for reasons other than her own illness?

If your child is ever exposed to a vaccine-preventable disease (such as measles), she may be asked to stay home from school. Your school or DHEC will discuss this with you.

### If my child is excluded from attending school, what will he need to present in order to return to school?

Sometimes a **parent note** or a **medical note clearing your child for return to school/childcare** is required. See inside this brochure for details.

### Could an illness prevent my child from participating in sports and other school-related activities?

Some illnesses or conditions spread by close contact – lice, scabies, shingles, staph or strep skin infections, for instance – may prevent your child from participating in some sports or physical activities. If your child has mononucleosis or CMV, she may be told she can't participate in physical education or sports in order to avoid injuries. If your child has diarrhea, she should not participate in water activities like swimming, splash pads, or water tables until 2 weeks after the diarrhea stops.

# School and Childcare Exclusion List: A Quick Reference for Parents

**P** A **parent note** is required for return.

**M** A **medical note** clearing your child for return to school/childcare is required.

## **P** **Chicken Pox / Varicella:**

Your child may return to school once all of the sores and blisters are dried and scabbed over. If there are no scabs, your child may return after no new sores appear for 24 hours.

## **Diarrhea:**

**P** **Students in 1st through 5th grades** should stay home until diarrhea stops for 24 hours, or until a doctor clears the child to return to school. Your child can return with a parent note.

**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.

### **Special Circumstances:**

**M** Blood or mucus in stool with diarrhea.

If your student can use the restroom or can contain his stool in diaper-type underwear, he does not have to remain home if the diarrhea is known to be from a non-contagious condition or if the diarrhea continues after he completes antibiotics for a diarrhea-causing illness.

If your child is medically fragile or needs help with using the bathroom she may need to be out of school if an illness or condition makes it hard for caretakers to keep the classroom clean.

### **Diarrhea from a diagnosed infection:**

- P** **Campylobacter, Cryptosporidium, giardia, norovirus, rotavirus, and most types of salmonella** – Your child may return to school after diarrhea stops for 24 hours.
- M** **E. coli** - For the most severe type of E. coli, students must be out of school until the diarrhea stops and 2 lab tests taken at least 24 hours apart test negative for **E. coli O157:H7**.
- M** **Salmonella Typhi (Typhoid fever)** – If your child has Typhoid fever, she must be out of school until the diarrhea stops and 3 lab tests

taken at least 24 hours apart test negative for Salmonella Typhi.

- M** **Shigella** - Students who can wash their hands well and use the bathroom on their own may come back to school when the diarrhea stops for at least 24 hours. Some students may need a lab test to return to class.

## **Fever:**

### **P** **Fever by itself:**

Keep your child home if she has a fever of 101°F or higher (if taken by mouth), or 100° F or higher if taken under the arm. Once her fever is gone, your child can return to school.

### **M** **Fever with Rash, Behavior Change or Other Symptoms:**

Keep your child home and take him to a doctor or clinic if he has fever with other signs of severe illness such as a rash, change in behavior, earache, vomiting confusion, sore throat, or irritability.

## **Flu/Influenza or Influenza-Like Illness (ILI):**

If your student has the flu, she will be excluded from school for a fever of 100° F with cough and/or sore throat. She cannot return until she is fever free for at least 24 hours without any fever medicines.

### **M** **German Measles / Rubella / 3 Day Measles:**

Keep your child home until 7 days after rash starts.

## **Hand, Foot, and Mouth Disease**

If your student has hand, foot, and mouth disease, she should be out of school while she has fever, excessive drooling, difficulty swallowing, or is too sick to do routine activities.

### **P** **Head Lice**

If your child has crawling lice or nits (eggs) ¼ inch or closer to the scalp, and if head-to-head contact with other children can be avoided, he may be sent home at the end of the day. Otherwise, he may be sent home from school immediately. After his first treatment with a school-approved lice-removal product, if there are no active lice crawling on your child's head, your child may return to school.

The school or center should check your child 7 days after treatment for any newly hatched crawling lice. If any are present, your child will have to be re-treated for lice before coming back to school.

### **M** **Hepatitis A / Yellow Jaundice**

If your child has acute hepatitis A, she may return 1 week after the start of the jaundice.

### **M** **Hib (Haemophilus influenzae Type B)**

If your child has a proven Hib infection, he will need to be out of school until a health care provider clears the student to return.

### **P** **Impetigo**

If your child has dry, honey-colored crusty sores that can be covered, he will be sent home at the end of the day. If the sores are weepy, oozing or wet, or cannot be covered and kept dry, the child will be sent home immediately. He may return after receiving antibiotics for 24 hours if the sores have stopped oozing and are starting to get smaller, or if the sores can be covered completely with a watertight dressing.

### **M** **Measles / Red Measles / 10 Day Measles**

If your child has measles, she can return 4 days after the rash begins if she has no fever and feels well enough to participate in regular school activities.

### **M** **Meningitis**

If your student shows signs of meningitis (high fever, rash, stiff neck), he must remain out of school until a health care provider says that he may return.

### **M** **Mumps**

If your child has mumps, she can return to school 5 days after the beginning of swelling.

## **Pinkeye / Conjunctivitis**

If your child has pinkeye, he does not have to stay home unless your health care provider has recommended it. If your child has fever or severe eye pain, take him to see a doctor.

### **M** **Rash**

If your student has a rapidly spreading rash or a rash with fever or behavior change, she will be excluded from school immediately.

### **M** **Ringworm**

**1st - 5th graders:** If your child has **ringworm of the scalp**, he must remain out of school from the end of the day until he has begun treatment with a prescription oral antifungal medication.

**1st - 5th graders:** If your child has **ringworm of the body**, he does not have to be out of school/childcare as long as the affected area stays *completely covered by clothing*. However, we recommend that you seek medical treatment for your child.

Older students with **ringworm of the head or body** do not have to remain out of school unless they are spreading illness at school. However, we recommend that you also seek medical treatment for your child.

### **M** **Scabies**

If your child has scabies, she cannot attend school until treatment/medication has been applied.

### **P** **Shingles**

If your child has shingles sores or blisters that cannot be covered, he must be kept home until the sores are dried or scabbed.

## **Skin Infections from Staph or Strep (including MRSA) or Herpes Gladiatorum**

Your child may attend school if the sores are covered with clothes or dressings and the drainage does not come through clothes or dressing.

### **M** **"Strep Throat" / Streptococcal Pharyngitis**

If your child has Strep throat, he can return to school 24 hours after starting antibiotics if there is no fever.

### **M** **Tuberculosis (TB)**

If your child has active TB, keep him home until the doctor treating the TB says the child is no longer contagious.

### **M** **Whooping Cough / Pertussis**

If your child gets whooping cough, she can return to school after completing 5 days of prescribed antibiotics, unless you are directed otherwise by DHEC or your school nurse.

*If there is an outbreak of disease in your child's school or childcare, DHEC may need to change the exclusions found in this document in order to stop the spread of disease.*

*If your child has not received immunizations (shots) to protect against diseases like measles, mumps, German measles, or chickenpox, he may need to be excluded from school if there are cases of these conditions in the school. Your school nurse will provide more information if there is ever an exposure or outbreak.*



## **Bureau of Disease Control Division of Acute Disease Epidemiology**

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[www.scdhec.gov/Health/ChildTeenHealth/SchoolExclusion](http://www.scdhec.gov/Health/ChildTeenHealth/SchoolExclusion)