

When to Keep Children Home



**Kalamazoo County Health & Community Services Department
Nazareth Complex
3299 Gull Road
PO Box 42
Nazareth, MI 49074-0042**

COMMUNICABLE DISEASE INFORMATION

DISEASE (INCUBATION PERIOD)	HOW SPREAD	EARLY SIGNS	CONTAGIOUS PERIOD	CONTACTS	RETURN TO SCHOOL
Chicken Pox <u>Varicella</u> (14-21 days)	Secretions of nose and throat; discharges from skin lesions; scabs not infectious.	Mild fever at time of eruption, which looks like water blisters.	5 days before rash until all lesions are crusted.	Exclude only with first signs of illness.	When scabs are dried up and crusted.
Common Cold <u>Rhinoviruses</u> (1-3 days)	Direct contact, secretions of nose and throat.	Running nose, watery eyes, slight fever, feels "bad."	24 hours before onset of symptoms and up to 5 days after.	Exclude only with first signs of illness.	When able to participate in class.
Diarrhea, variable (depending on causative agent)	Contaminated food or water.	Diarrhea, fever, cramping, nausea, gas.	Varies.	Encourage extra care with hand washing.	When recovered.
Fifth's Disease <u>Erythema Infectiosum</u> (4-15 days)	Personal contact by droplet spread.	Usually an initial rash ("slapped cheek" appearance), which may spread to extremities and trunk. It disappears in a few weeks but may reappear. Complications are rare and generally mild. Fever is rare except in adults.	About 2 days before rash, possibly 4-5 days later. Usually no treatment needed.	With first signs of symptoms, have parents check with family physician to rule out other serious rash illnesses. Pregnant women should consult with obstetrician.	Children who feel well need not be excluded from school.
German Measles <u>Rubella</u> (14-21 days) Avg: 16-18 days	Secretions of nose and throat.	Mild symptoms of head cold for 1 or 2 days followed by eruptions on face and body.	7 days before to 7 days after rash onset.	Children not properly immunized will be excluded from school.	When recovered approximately 4 days.
Hand, Foot & Mouth <u>Herpangina</u> (2-14 days) Avg: 3-5 days	Airborne droplet spread; nose and throat secretions, feces from infected person.	Sudden onset of fever, sore throat, and cough. Development of tiny blisters inside mouth, throat, and on extremities.	About 2-3 days before onset to several days after onset.	Exclude if with fever, cough, or uncomfortable from illness. Encourage extra care with hand washing.	After prescribed treatment by a physician.
Head Lice <u>Pediculosis</u> (1-2 weeks)	Contact with infected persons and/or their clothing.	Gradual onset of itching, especially at nape of neck and behind ears. Lice and nits in the hair.	Until eggs and lice in hair and clothing (including bedding) have been removed.	Observe daily; check family illness.	When free from lice and nits.
Impetigo <u>Impetigo Contagiosa</u> (4-10 days, variable)	Discharge from lesions.	Blisters appearing on the skin, principally around the mouth and nostrils.	As long as lesions continue to drain.	Exclude only with first signs of illness.	After seen by a physician and under treatment for 24 hours.
Influenza (1-3 days)	Discharge from nose and throat by sneezing, coughing, and speaking.	Fever, discomfort, aching in back and limbs, sore throat.	3-5 days after first symptoms appear.	Exclude only with first signs of illness.	When recovered.
Hepatitis A <u>Infectious hepatitis</u> (15-50 days) Avg: 30 days	Contaminated food or water, feces from an infected person.	Sudden, with loss of appetite, nausea, and abdominal discomfort. Unusually tired with yellowish complexion.	10-15 days before symptoms appear until the first few days of jaundice.	Exclude only with first signs of illness. Household contacts should seek medical care for treatment.	Written approval from physician with statement of any limitation on activity.

DISEASE (INCUBATION PERIOD)	HOW SPREAD	EARLY SIGNS	CONTAGIOUS PERIOD	CONTACTS	RETURN TO SCHOOL
Measles (Hard) <u>Rubeola</u> (8-13 days) Avg: 10 days	Secretions from nose and throat	High fever, runny nose, cough, watery eyes, for 1 to 3 days, followed by rash first seen on face, then spreading over rest of body.	4 days before rash and up to 4 days after.	Children not properly immunized will be excluded from school. Any children with symptoms are to be excluded with the first sign of illness.	When recovered
Mumps <u>Infectious Parotitis</u> (12-26 days) Avg: 18 days	Secretions from nose and throat	Swelling of glands in neck below and in front of ears.	Up to 7 days prior to onset of swelling, usually 5 days after onset.	Children not properly immunized will be excluded from school.	When swelling and fever have gone down.
Pink Eye <u>Conjunctivitis</u> (2-5 days)	Discharge from eyes and nose.	Red eyes and lids with drainage.	No longer communicable 24 hours after proper treatment.	Observe daily; exclude with the first signs of illness.	24 hours after proper treatment by physician.
Ringworm of skin and scalp <u>Tinea Capitis;</u> <u>Tinea Corporis</u> (4-14 days)	Direct contact with infected articles, personal contact.	Circular patches of dry skin on any part of body and/or scalp.	Until 24 hours after proper treatment. Ringworm of the face and scalp needs prescription.	Inspect skin for evidence of infection.	24 hours after proper treatment by physician; exclusion from showers and pools.
Scabies (2-6 weeks)	Close contact with source.	Extreme itching of skin where mites have burrowed under the skin causing small pinpoint bumps.	Until mites are destroyed by chemical treatment.	Exclude with first signs of illness.	After prescribed treatment by a physician.
Scarlet Fever <u>Scarlatina</u> (1-7 days) Avg: 2-4 days	Discharge from upper respiratory tract of cases and carriers.	Sudden onset, usually with fever, sore throat, vomiting, and headaches. Pink-red flush rash.	No longer communicable 24-48 hours after antibiotic treatment.	Observe daily, exclude with first signs of illness.	After seen by a physician and under antibiotic treatment for 24 hours.
SARS (2-10 days)	Person-to-person by direct contact or discharge from nose, throat or eye droplets.	Fever more than 100.4°, chills, cough, headache, body ache, difficulty breathing.	Unknown	Exclude with first signs of illness. Seek medical attention immediately.	Written approval from physician.
Strep Throat (1-3 days)	Discharge from upper respiratory tract of cases and carriers.	Rapid onset with fever and sore throat.	Until after antibiotic treatment for 24 hours.	Exclude with first signs of illness. Seek medical attention immediately.	After seen by a physician and under antibiotic treatment for 24 hours.
West Nile Virus	Bite from an infected mosquito	Sudden high fever, nausea, headache, and stiff neck.	Not spread from person to person.	Protect against mosquito bites.	When recovered.
Whooping Cough <u>Pertussis</u> (7-10 days)	Discharge from nose and throat.	Begins as ordinary cough becoming more persistent and worse at night, with vomiting.	Most infectious during cold-like symptoms.	Children not properly immunized will be excluded from school and contact with others for the same length of time as patient.	Upon recovery with a minimum of 21 days after development of cough.

Points to Remember

- Children need to stay home at the beginning of an illness.
- Children who are ill may pass the infection on to others.
- Children who stay at home on the first day of an illness may decrease the risk of lengthy illness.
- Your child will learn more if he or she feels well. A sick child is often uncomfortable and irritable.
- The law requires the school to send home a child who is ill.
- When your child shows signs of illness, it is important for you to cooperate with your school and local public health officials by keeping your child home.



**CONSULT WITH YOUR DOCTOR WHEN SYMPTOMS AND/OR FEVER
LAST MORE THAN 24 HOURS.**

Watch for These Signs of Illness:

- **Chilliness**
- **Coughing**
- **Headaches**
- **Rise in Temperature**
- **Runny Nose**
- **Skin Eruption**
- **Sore Throat**
- **Unusual Flush**
- **Vomiting**

Remember!

Good hygiene controls the spread of disease.

1. Good hand washing.
2. Cover nose and mouth when coughing or sneezing.
3. Dispose of used tissue in wastebasket.

**The best way to stop disease is to
wash your hands well.
Spend 10-15 seconds rubbing hands
together in warm soapy water.**



**For More Information, Please Call:
(269) 373-5239
(269) 373-5240**



Health & Community Services