

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

www.kalcounty.com/hcs

K:\Forms\Brochures\When to Keep a Child Home 05-2013

**Clinical Services Division
Communicable Disease Consultation
Epi/Disease Surveillance
269-373-5264 / 269-373-5267**

1st Publication 01/1997. Updated 05/2016.

Kalamazoo County

is committed to equitable, culturally competent care to all individuals served, regardless of race, sex, color, national origin, religion, height, weight, marital status, political affiliation, sexual orientation, gender identity, or disability.

When to Keep



Your Child Home



**KALAMAZOO COUNTY
HEALTH AND COMMUNITY SERVICES DEPARTMENT**

Promoting Health For All

A parent's decision to keep a child home from school when he/she is sick can sometimes be a difficult one. No parent wants to interrupt their child's learning, and for some, keeping a child home means missing work or losing pay.

However, if the child has a serious illness, it's important for him/her to stay home from school, daycare, or other group situations. By keeping their sick kid at home, parents can help her/him get better faster as well as prevent the spread of illness to others.



For more information, please call:

269-373-5264

269-373-5267



Contagious Period	Contacts	Return to School
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.
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.
Remains contagious for 48 hours after symptoms disappear.	Exclude with first signs of illness.	48 hours after symptoms disappear.
No longer communicable 24 hours after proper treatment.	Observe daily; exclude with the first signs of illness.	24 hours after proper treatment by physician.
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.
Until mites are destroyed by chemical treatment.	Exclude with first signs of illness.	After prescribed treatment by a physician.
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.
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.
Not spread from person to person.	Protect against mosquito bites.	When recovered.
Most infectious during cold-like symptoms.	Children not properly immunized will be excluded from school and contact with others for 21 days, or after 5 days of antibiotic treatment.	After 5 days of antibiotic treatment.

COMMUNICABLE DISEASE INFORMATION

Disease (Incubation Period)	How Spread	Early Signs
Measles (Hard) Rubeola (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.
Mumps Infectious Parotitis (12-26 days; avg. 18 days)	Secretions from nose and throat.	Swelling of glands in neck below and in front of ears.
Norovirus (viral gastroenteritis) (12-48 hours)	Direct contact with contaminated food, water, object, or person. Easily spread.	Nausea, vomiting, abdominal cramps, diarrhea. May also include fever, head ache, body aches. Symptoms resolve in 24-72 hours.
Pink Eye Conjunctivitis (2-5 days)	Discharge from eyes and nose.	Red eyes and lids with drainage.
Ringworm of skin and scalp <i>Tinea Capitis; Tinea Corporis</i> (4-14 days)	Direct contact with infected articles, personal contact.	Circular patches of dry skin on any part of body and/or scalp.
Scabies (2-6 weeks)	Close contact with source.	Extreme itching of skin where mites have burrowed under the skin causing small, pinpoint bumps.
Scarlet Fever (Strep infection) Scarletina (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.
Strep Throat (1-3 days)	Discharge from upper respiratory tract of cases and carriers.	Rapid onset with fever and sore throat.
West Nile Virus	Bite from an infected mosquito.	Sudden high fever, nausea, headache, and stiff neck.
Whooping Cough Pertussis (7-10 days)	Discharge from nose and throat.	Begins as ordinary cough becoming more persistent and worse at night, with vomiting.

Proper handwashing is the most effective way to decrease the spread of infectious illnesses.

How to Wash Your Hands:

- ✓ Use soap
- ✓ Rub your hands together as you wash. This loosens debris
- ✓ Wash all hand surfaces –
 - Backs of hands, between fingers, under fingernails
- ✓ Wash for at least 60 seconds
 - Have children sing the ABC song while washing
 - Rinse hands thoroughly to remove all debris
 - Dry with a single-use towel



How Handwashing Works:

- ✓ The soap suspends the dirt and greasy or oily soils that trap germs
- ✓ The friction motion of rubbing your hands together helps pull dirt and soils free from your skin
- ✓ Warm running water washes away suspended dirt and soils
- ✓ The final friction of wiping hands to dry them removes more germs

COMMUNICABLE DISEASE INFORMATION

Disease (Incubation Period)	How Spread	Early Signs
Chicken Pox <i>Varicella</i> (14-21 days)	Secretions of nose and throat; discharges from skin lesions; scabs not infectious.	Mild fever at time of eruptions, which looks like water blisters.
Common Cold <i>Rhinoviruses</i> (1-3 days)	Direct contact, secretions of nose and throat	Running nose, watery eyes, slight fever, feels "bad."
Diarrhea (variable, depending on causative agent)	Contaminated food or water	Diarrhea, fever, cramping, nausea, gas.
Fifth Disease <i>Erythema Infectiosum</i> (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.
German Measles <i>Rubella</i> (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.
Hand, Foot & Mouth <i>Herpangina</i> (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.
Head Lice <i>Pediculosis</i> (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.
Hepatitis A <i>Infectious hepatitis</i> (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.
Impetigo <i>Impetigo Contagiosa</i> (4-10 days, variable)	Discharge from lesions.	Blisters appearing on the skin, principally around the mouth and nostrils.
Influenza (1-3 days)	Discharge from nose and throat by sneezing, coughing, and speaking.	Fever, discomfort, aching in back and limbs, sore throat.

Contagious Period	Contacts	Return to School
5 days before rash until all lesions are crusted.	Exclude only with first signs of illness.	When scabs are dried up and crusted.
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.
Varies.	Encourage extra care with handwashing.	When recovered.
1-2 days before onset of symptoms	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.
7 days before to 7 days after rash onset.	Children not properly immunized will be excluded from school.	When recovered approximately 4 days.
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.	When fever is gone.
Until eggs and lice in hair and clothing (including bedding) have been removed.	Observe daily; check family illness.	When free from lice and nits.
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.
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.
3-5 days after first symptoms appear.	Exclude only with first signs of illness.	When recovered.