

# Is My Child Well Enough To Go To School?

Please call your school health office to report the following health conditions:

- COVID-19
- Chickenpox
- Strep Throat
- Influenza
- Head Lice
- Mumps
- Measles
- Meningitis
- Pertussis (Whooping Cough)

**Healthy kids are better learners!**

## Tips for Keeping Your Student Well

- ❶ Everyone in the family should wash hands often. Poor handwashing is the main cause of the spread of illness.
- ❷ Make sure your child is getting enough sleep each night:  
**Elementary Age:** 10-11 hrs • **Middle School:** 9-10 hrs • **High School:** 8-9 hrs
- ❸ Make sure your child eats a good breakfast, drinks plenty of water and has 5 servings of fruits or vegetables every day.
- ❹ Plan regular physical activity and time outdoors.
- ❺ Keep cigarette smoke away from your child.
- ❻ Follow *Guidelines For Keeping Your Student Home From School* when your child is ill.

## Guidelines For Keeping Your Student Home From School

Many parents are frequently concerned about whether to keep children home or send them to school. The following information is intended to help parents with this decision. The student should stay home if he/she:

- ✓ has a fever of 100 degrees or more. Student should be fever free for 24 hours without the use of fever reducing medication before returning to school.
- ✓ has vomited or had diarrhea within the last 24 hours. Student should remain at home for 24 hours after vomiting or diarrhea has stopped.
- ✓ has a persistent cough.
- ✓ has open or draining skin sores that cannot be covered by a bandage or clothing.

If your child is ill, please call the school to report the illness. Please contact the school nurse if you have any questions regarding the information above.

HEALTH CONDITION	SYMPTOMS	COMMUNICABILITY	STUDENT SHOULD STAY HOME UNTIL...
COVID-19	Fever, chills, cough, shortness of breath, body aches, headache, vomiting/diarrhea, or a new loss of taste or smell	From 2 days before to 10 days after symptoms started or from 2 days before to 10 days after the positive test was taken if no symptoms	Fever free for 24 hours without the use of fever reducing medication and symptoms are improving. (It is recommended to stay home until it has been 5 days since symptoms first started or 5 days after positive test if no symptoms.)
Common Cold	Watery eyes, sneezing, runny nose, fatigue	24 hours before and for 5 days after nasal discharge	Ok to come to school unless child has other symptoms requiring exclusion
Chickenpox	Fever, itchy rash with red bumps, blisters, pustules and scabs	Most contagious with open blisters	Blisters are dry and crusted
Head Lice	Live crawling lice, nits (lice eggs) attached to hair shaft, itchy head	Live lice communicable until treated	No exclusion is necessary for head lice or nits
Influenza (flu)	Fever, muscle aches, sore throat, cough, congestion, fatigue	Most contagious with fever over 100 degrees	Fever free for 24 hours without use of fever reducing medication
Impetigo	Blister like lesions with honey colored crusts	Until sores are healed	Lesions are dry or treated by physician
Mono	Fever, sore throat, swollen glands, headache, fatigue	The virus is spread by person-to-person contact, via saliva	Well enough to return to usual activities; physician authorization for sports
Pink Eye - Bacterial	Red, itchy eyes, with purulent pus-like drainage	Viral and Bacterial are contagious and spread easily. Most pink eye is caused by viruses for which there is usually no medical treatment	No exclusion, unless the child has a fever or is not healthy enough to participate in routine activities. Antibiotics or a note from a health care provider are not required to return to school.
Pink Eye - Viral	Redness, tearing, burning or itching with clear or thick white drainage		
Ringworm	Ring shaped or irregular raised lesion to body, scalp or feet	Until clear	Treatment started, unless lesions can be covered
Strep Throat	Fever, sore throat, headache, nausea, vomiting, sometimes a fine rash	12 hours after antibiotic is started	Well-appearing and at least 12 hours after starting antibiotics

Immunizations play an important role in healthy schools and communities. That's why Minnesota law and ISD 709 policy requires students to be immunized. Parents must provide proof of immunization or documentation of legal exemption.

**For additional health information please visit our website:**  
<http://www.isd709.org/programs-services/health-services>

