Children's Hospital Colorado

ILLNESS POLICY - HOW SICK IS TOO SICK?
WHEN TO KEEP YOUR CHILD AT HOME

There are three reasons to keep sick children at home:

1. The child does not feel well enough to participate comfortably in usual activities, (such as; extreme signs of tiredness, unexplained irritability or persistent crying).
2. The child requires more care than program staff is able to provide, without effecting the health and safety of the other children.
3. The illness is on the list of symptoms or illness for which exclusion is recommended.

Children with the following symptoms or illness should be kept (excluded) from school:

SYMPTOMS	Child Must Be at Home?
DIARRHEA frequent, loose or watery stools compared to child's normal pattern; not caused by diet or medication	**Yes** – if child looks or acts ill; if child has diarrhea with fever and behavior change; if child has diarrhea with vomiting; if child has diarrhea that is not contained in the diaper or the toilet
FEVER with behavior changes or illness Note: An unexplained temperature of 100°F or above is significant in infants 4 months of age or younger and requires immediate medical attention	**Yes** - when fever is accompanied by behavior changes or other symptoms of illness, such as rash, sore throat, vomiting, etc.
FLU SYMPTOMS Fever over 100°F with a cough or sore throat. Other flu symptoms can include fatigue, body aches, vomiting and diarrhea	**Yes** - for at least 24 hours after there is no longer a fever, without the use of fever-reducing medicine
COUGHING severe, uncontrolled coughing or wheezing, rapid or difficulty breathing Note: Children with asthma may be cared for in school with a written health care plan and authorization for medication/treatment	**Yes** - medical attention is necessary
Mild RESPIRATORY OR COLD SYMPTOMS stuffy nose with clear drainage, sneezing, mild cough	**No** – may attend if able to participate in school activities
RASH with fever Note: Body rash without fever or behavior changes usually does not require exclusion from school, seek medical advice	**Yes** - seek medical advice. Any rash that spreads quickly, has open, weeping wounds and/or is not healing should be evaluated
VOMITING two or more episodes of vomiting in the past 24 hrs	**Yes** – until vomiting resolves or a health care provider decides it is not contagious. Observe for other signs of illness and for dehydration

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ILLNESS	Child Must Be at Home?
CHICKEN POX	**Yes** - until blisters have dried and crusted (usually 6 days) If blister occurs after vaccination, refer to Health Dept Guidelines
CONJUNCTIVITIS (PINK EYE) OR pink color of eye *and* thick yellow/green discharge	**Yes** - until 24 hours after treatment If your health provider decides not to treat your child, a note is needed
CROUP (SEE COUGHING) Note: May not need to be excluded unless child is not well enough to participate in usual activities	Seek medical advice
FIFTH'S DISEASE	**No** - child is no longer contagious once rash appears
HAND FOOT AND MOUTH DISEASE (Coxsackie virus)	**No** - may attend if able to participate in usual activities, unless the child has mouth sores and is drooling
HEADLICE OR SCABIES	May return after treatment starts
HEPATITIS A	**Yes** – until 1 week after onset of illness or jaundice and when able to participate in usual activities
HERPES	**Yes** – if area is oozing and cannot be covered, such as mouth sores
IMPETIGO	**Yes** – for 24 hours after treatment starts
RINGWORM	May return after treatment starts Keep area covered for the first 48 hrs of treatment
ROSEOLA Note: A child with rash and no fever may return to school	**Yes** – seek medical advice
RSV (Respiratory Syncytial Virus) Note: A child does not always need to be excluded unless he/she is not well enough to participate in usual activities	Seek medical advice. Once a child in the group has been infected, spread of illness is rapid
STREP THROAT	**Yes** - for 24 hours after treatment and the child is able to participate in usual activities
VACCINE PREVENTABLE DISEASES Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)	**Yes** – until determined not infectious by the health care provider
YEAST INFECTIONS including thrush or candida diaper rash	**No** – may attend if able to participate in school activities Follow good hand washing and hygiene practices

References

- American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care, *Caring for Our Children: National Health and Safety Performance Standards*, Second Edition, Elk Grove Village, IL 2002
- American Academy of Pediatrics, *Managing Infectious Diseases in Child Care and Schools*, Elk Grove Village, IL 2005
- Colorado Department of Public Health and Environment, Communicable Disease Epidemiology Program, *Infectious Disease in Child Care Settings: Guidelines for Child Care Providers*, Denver, CO., December 2002
- http://www.cdc.gov/ retrieved August 2009

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