

Holy Spirit Catholic School - Illness Procedures and Guidelines

Outdoor activity is very important for young children and is a planned activity in our school. Fresh air and movement is needed daily for your child's general well-being and healthy development. Therefore, we feel that a child who is well enough to come to school is well enough to play outdoors. You can help your child enjoy outdoor activities by making sure that he/she is properly dressed for the weather. During the winter months this includes boots, warm coat, snow pants and mittens. Below is a guideline for the number of days children should be kept out of **school for the following diseases:**

1. **COLD/FLU**- Keep child at home until coughing, runny nose, or fever has subsided. DO NOT send child to school for **24 hours after symptoms have subsided.**
2. **FEVER**- (99.5 degrees Fahrenheit or more) A fever is a sign of infection. Keep child home for at least 24 hours after fever is gone **WITHOUT THE USE OF FEVER-REDUCING MEDICATION.**
3. **VOMITING/DIARRHEA**- Child is to be kept home for **24 hours after both have stopped.**
4. **IMPETIGO**- Pimple filled with fluid, usually around the nose and mouth area. Will ooze and spread to other areas. **Highly Contagious.** Child must be seen by a physician and treated with prescription ointment. **Lesions must be dry before child can return to school.**
5. **STREP THROAT**- Sore throat with fever, sometimes white patches in the throat area; swollen glands. Keep child home **24-48 hours after medication is started.**
6. **SCARLET FEVER**- A form of streptococcal infection. Follow the same guidelines as strep throat.
7. **CHICKEN POX**- Contagious for two days before rash appears, and five days after. Child can return to school after **all** scabs are dry.
8. **PINK EYE/CONJUNCTIVITIS**- Eyes are red, irritated, crusted, and light bothers them. Must be seen by a physician and can return to school **24 hours after** medication is started.
9. **HEAD LICE**- **Child must be nit-free before returning to school.** If you need information on detection or treatment, contact the school office, or the Health Department. Pamphlets and videos are available. **Parent must accompany child to school the day they return so staff can confirm that the child is nit-free.**
10. **SCABIES (MITES)**-Under the skin (Body lice). Must be seen by a physician and parent must bring to school a statement signed by a physician indicating when the child is able to return.
11. **THRUSH**- Yeast infection; must be seen by a physician.
12. **FIFTH DISEASE (SLAP CHEEK)** - Virus that can last 1-2 weeks. Blotchy rash on cheeks and all over body; can be itchy. Does not respond to antibiotics, as it is viral. Use same precautions as for cold and flu.
13. **HAND, FOOT, MOUTH DISEASE**- Mild childhood illness. May last 1-3 weeks. Follow physician recommendation. Signed statement from physician needed indicating child may return to school.