

# HEALTH INFORMATION GUIDES FOR PARENTS

Please contact the school office if your child has any of the below illnesses. Please mention what symptoms of illness your student is experiencing. These guidelines published by the Kansas Department of Health and Environment.

## Chicken Pox

- Each person with varicella/chicken pox shall remain in home isolation until vesicles become dry and crusted except when seeking medical care. Signs of this disease are fever over 100 degrees, body aches and skin rash. The rash starts as a red bump, develops into a blister, an indentation occurs in the center of the blister and then a scab will form. The first eruption often occurs on the scalp. Several crops of blisters over several days will develop all over the body. Children should stay home from school for 6 days after the first eruptions begin. ASPIRIN should NOT be given during this viral illness. Complications such as coughing, chest pain, high fever or severe vomiting should be treated by a doctor. The illness spreads easily. Symptoms may develop within 2 weeks after exposure. The Varicella vaccine is now a required vaccine for school attendance. While the vaccine may not prevent your child from getting chicken pox, it has proven to lessen the severity of the symptoms. Vaccinated children generally only have a few lesions and do not always have a fever and body aches.

## Diarrhea

- May return after being diarrhea free for 24 hours without the use of medication. Exception: If health care provider determine illness due to dietary changes, medication, or hard stools, and student is not in danger of dehydration.

## Fever

- May return to school when fever free for 24 hrs. without the use of medication to lower the temperature. A fever is considered having a body temperature of 100.4 degrees and over.

## Fifth's Disease

- Greatest period of communicability is before the onset of the rash. Not contagious after rash onset. May return to school if no fever associated with presence of a rash.

## Hand, Foot, Mouth

- There are no exclusion requirements for children with hand, foot, and mouth disease; however, it is recommended children with fever and rash should stay home from school until fever free.

## Head Lice

- Parent encouraged to treat hair with pediculicide, infected clothing cleaned, home must also be cleaned to reduce the chance of re-infestation.

## Impetigo

- May return to school 24 hours after treatment has started.

## Influenza

- May return after being fever-free for 24 hours without fever-reducing medication.

## Measles

- May return to school 4 days after the onset of rash.

## Mumps

- May return to school 9 days after the onset of symptoms.

## Pertussis (whooping cough)

- May return to school after completion of antibiotic treatment or after 3 weeks if untreated with antibiotics. Very contagious bacterial infection. It is usually mild in older children and adults, but is often serious in young children, those with immune disorders and frail elderly. Symptoms include runny nose, sneezing, fever, cough lasting 1 to 2 weeks. The cough gradually becomes worse leading to uncontrolled coughing spells followed by a whooping noise when a person breathes in. During these severe coughing spells, a person may vomit, or their lips or face may look blue. Adults, teens, and vaccinated children often have milder symptoms that mimic bronchitis or asthma.

## Pinkeye

- Not required to be excluded from school. Infected children should be allowed to remain in school once any prescribed therapy is implemented, unless their behavior is such that close contact with other students cannot be avoided.

## Rashes

- If rash is associated with a fever, student may not return until fever free without fever reducing medications and health care provider note stating that rash is not contagious.

## Ringworm

- May return to school immediately after beginning treatment with fungicide. Keep area covered while at school.

## Rubella

- May return to school 7 days after the onset of rash.

## Scabies

- May return to school 24 hours after treatment has started and clothing is disinfected.

## Shingles

- Actively draining lesions should be covered by clothing or a dressing until lesions have crusted. If lesions cannot be covered children should remain home until lesions are dried and crusted.

### Strep Throat, Scarlet Fever, Scarlatina

- May return to school after being on an antibiotic for 24 hrs. and when fever free for 24 hrs. without fever reducing medication.

### Vomiting

- May return after being vomit free for 24 hours without the use of medication. Exception: If a health care provider determines illness not communicable due to other factors or child is not in danger of dehydration.

### Note

- If there is a confirmed case of whooping cough or chickenpox in your child's classroom and your child is not current on their vaccinations for these diseases, you will be asked to get the vaccine within 24 hours or keep your child home for 21 days after the onset of the last reported illness in the school. Please keep your school nurse informed of any immunization updates.

## Medication Policy

Kansas regulations require medication forms be on file in the nurse's office for any medication a student has at school. Medication forms must be signed by a parent for any over-the-counter medication. Medication forms must be signed by a health care professional and the parent for any prescribed medication.

### Parents of Elementary students

- can give permission for cough drops to be administered on-line when registering their child for school and do not need to fill out the nonprescription medication form. All other over the counter medication requires the nonprescription form.

### Parents of Middle and High School students

- can give permission for Tylenol, Ibuprofen, cough drops, and Tums when registering their child for school and do not need to fill out the nonprescription form. All other over the counter medication requires the nonprescription form.

All Medication forms are available from the nurse's office, and they can be printed from the [School Health webpage](#).

Medications must be in their original labeled containers and not expired.

## Tracking of Illness

Why do we ask about your child's symptoms when you call the school office to let us know your child is sick?

- Riley County Health Department asks that we report what symptoms are keeping children at home. We do not report your child's name only symptoms. This helps the Riley County Health Department and the school nurses keep track of communicable illnesses in the community and within the school setting.