



The Mead School

The Mead School School Community Health: Guidelines for Illness and Communicable Disease

Absences from School Due to Illness

The School depends on families to be partners in promoting the health of our community. Please notify your child's Home Center Director and the Front Office of absences related to illness, so that we might identify outbreaks of contagious illnesses and confirm your child's absence.

- If your child is sent home with a fever or symptoms that may be contagious, the student must stay home until symptom-free for 24 hours. If this happens during school hours, please keep the student home from school for the following full school day.
- Please update your child's Home Center Director and the Front Office with updates regarding your child's health and absence from school.

Please keep your children home if they are unable to participate fully in classroom activities or have had any of the following in the past 24 hours:

Fever: If your child has a temperature of 100 F or 37.8 C or above, keep your child home for at least 24 hours after the temperature returns to normal without taking any fever-reducing medications (e.g. Tylenol, Motrin).

Upper Respiratory Illness (e.g. common cold): If your child has a prolonged cough with symptoms such as fever or excessive nasal drainage, and/or mild sore throat, keep your child home until these symptoms lessen, usually 24–48 hours, and consult your child's primary care provider. Children with mild symptoms may attend school.

Nausea, Vomiting, or Diarrhea: If your child has nausea, diarrhea, or is vomiting, keep your child at home until 24 hours after the last episode unless the vomiting and diarrhea is determined to be caused by a non-communicable condition. Please do not send your child if they have taken anti-diarrheal medications (e.g. Pepto Bismol, Imodium).

Strep Throat: Children diagnosed with strep throat require treatment with antibiotics for a full 24 hours before returning to school.

Influenza-like Illness: If your child has influenza-like symptoms (e.g. fever, cough, sore throat, runny or stuffy nose, body aches, diarrhea, vomiting, fatigue), keep your child home until at least 24 hours after they are fever-free without the use of fever-reducing medications.

Pediculosis (i.e. head lice): If live lice or viable nits are observed, your child must be treated at a clinic or with an over-the-counter remedy before returning to School. The School Nurse will provide information for reference and must evaluate your child before returning to the classroom. Your child should receive a second treatment 7 - 10 days following the initial treatment.

Conjunctivitis: Children diagnosed with **viral** or **bacterial** conjunctivitis may return to school 24 hours after antibiotic treatment if symptoms have improved. (**Allergic** conjunctivitis is a condition often involves both eyes simultaneously; itching is prevalent and the discharge is clear. There is usually some swelling of the eyelids and other allergy symptoms are present, such as sneezing, and an itchy and runny nose. Children with allergic conjunctivitis may attend school.)

Rash: If your child has an undiagnosed rash, keep your child home. Call your child's primary care provider and inform the School Nurse. If a rash appears and is due to **Fifth Disease**, your child is no longer contagious and may attend school.

Skin Fungus (e.g. ringworm): Keep your child home and contact your child's primary care provider. They may return to school if the ringworm is small and in a covered area. For exposed ringworm, your child may return to school after 24 hours of using the recommended medication and with the affected area covered. Please consult the School Nurse before sending your child back to school.

Bacterial Skin Infection (e.g. impetigo): Bacterial skin infections can be highly contagious. If your child has been diagnosed with a bacterial skin infection, your child may return to school after 24 hours of treatment with a prescription topical ointment or oral antibiotics. Please consult with the School Nurse before sending your child back to school.

Scabies: Keep your child at home until treated with a prescription. Please consult with the School Nurse before sending your child back to school.

Mononucleosis: If your child has received a physician-confirmed diagnosis of mononucleosis, attendance at school and participation in activities is contingent upon physician approval.

Measles/Mumps/Rubella: If your child has been diagnosed with one of these illnesses, they must be kept home for five days after the onset of symptoms.

Chickenpox: If your child has been diagnosed with chickenpox, please keep your child home for not less than five to seven days from the onset of the disease and until all of the pox are crusted over and healing.