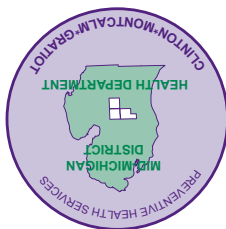


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MID-MICHIGAN DISTRICT HEALTH DEPARTMENT



*Call for an appointment today!*

Protect your child by getting all recommended immunizations!


# Guidelines for Keeping Sick Kids Home



# Remember, a child's illness is most contagious during the early stages




- Signs of illness to watch for: skin rash, sore throat, flushed skin, vomiting, diarrhea, cough, headache, fever, runny nose, and fatigue.
- Staying home and resting at the first sign of illness will help shorten the length of illness.
- When your child begins to show signs of illness, contact your physician for instructions.
- Cooperate with your school, day care center, and health department by keeping your child at home if they are ill.
- Be sure to notify the school if your child is ill.
- A sick child does not learn well at school and endangers the health of classmates.

<b>Scarlet Fever</b> 2 - 5 days	Droplets from nose, throat and mouth spread virus and bacteria by sneezing, coughing, and speaking	Begins with fever and sore throat. Rash with a pink-red flush appears like a sunburn with goose pimples that spread to all parts of the body. Rash can peel like a sunburn. Tongue often has strawberry appearance	Variable. If not treated, can be contagious for weeks	When signs of illness are completely gone or on antibiotics for 72 hours
<b>Strep Throat</b> 2 - 5 days	Droplets from nose, throat and mouth spread bacteria by sneezing, coughing and speaking	Similar to scarlet fever but without the rash. A fever and sore throat are pronounced	Variable. If not treated, can be contagious for weeks	After seen by physician and on antibiotics for 24 hours
<b>Vomiting/ Diarrhea</b> 1 - 3 days	Fecal (stool) - oral contamination of hands, food, and drinks placed in the mouth	Nausea, vomiting, diarrhea, abdominal pain, occasional fever	From onset of illness until symptoms subside	24 hours after last loose stool or vomiting episode
<b>Whooping Cough (Pertussis)</b> 6 - 20 days Average 7-10 days 	Droplets from nose, throat and mouth spread bacteria by sneezing, coughing and speaking	Runny nose and sneezing. 1-2 weeks later, spasm of coughing followed by a high pitched gasp for air called a "whoop." Coughing can be associated with difficulty breathing and vomiting	Early, when patient has common cold-like symptoms, to approximately 3-4 weeks after cough onset	Upon recovery with a minimum of 21 days after development of cough





Vaccine preventable disease

## COMMUNICABLE DISEASE INFORMATION

Disease and incubation period	How the illness is spread	Signs and symptoms	Contagious period	Return to school
<b>Mumps</b> 2 - 3 weeks Average 18 days 	Secretions from the nose, throat and mouth through sneezing, coughing or speaking	Pain or heavy swelling near ears. Fever and swelling of salivary glands	As long as 7 days prior to swelling and 5 to 7 days after onset	When swelling and fever subside
<b>Pediculosis (Head Lice)</b> 6 - 10 days	Contact with others, including their belongings	Itching and burning. Close examination shows nits on or near scalp	Until eggs and lice are destroyed in hair, on clothing and bedding	Following treatment and lice-free or nit-free (per school policy)
<b>Pink Eye</b> 6 - 10 days	Direct skin contact with wounds or discharges from an infected person	Irritation of the eye, tears, swelling of lids, and sticky fluid in the corner of the eye	During the period of active infection. Some recover in only a few days, but many cases take 2 - 3 weeks	After 24 hours of starting antibiotic and under direction of physician
<b>Ringworm</b> Unknown	Contact with others, including their belongings	Scalp: scaly patches of temporary baldness. Body: flat, spreading ring-shaped lesions. The outside is usually red with a lighter inside	As long as lesions are present and spores persist on contaminated materials	As directed by a physician with exclusion from showers, pools and wrestling.
<b>Scabies</b> 4 - 6 weeks	Contact with others, including their belongings	Pimples and tiny burrows appear as slightly discolored lines. Intense frequent itching	Until mites are destroyed by treatment	When cleared by a physician





## COMMUNICABLE DISEASE INFORMATION

Disease and incubation period	How the illness is spread	Signs and symptoms	Contagious period	Return to school
<b>Bacterial Meningitis</b> (Meningococcal and Haemophilus) 1 - 10 days Average 2 - 4 days 	Droplets from nose, throat and mouth spread virus and bacteria by sneezing, coughing and speaking	Sudden onset of high fever, headache and stiff neck. In severe cases, delirium, stupor or coma can occur. Purplish spots on limbs and mucous membranes may be seen with meningococcal meningitis	When cleared by a physician	Upon recovery, minimum 7 days
<b>Chickenpox (Varicella)</b> 10 - 21 days Average 14 - 16 days 	Secretions of the nose, throat and mouth through sneezing, coughing, or speaking. Discharge from skin lesions	Slight discomfort, mild to high fever, headache, loss of appetite. Lesions appear in bunches mostly on upper body. Face and extremities less affected. Teardrop shaped lesions surrounded by reddened area	5 days before rash to 5 days after rash starts	When lesions are dry and crusted, at least 1 week after breakout first appears
<b>Common Cold</b> 1 1/2 - 3 days	Secretions from the nose, throat and mouth through sneezing, coughing, or speaking	Coughing, runny nose, irritated nose and/or throat, light chills, rare slight fever	24 hours before symptoms appear up to 5 days after onset of symptoms	Minimum 3 days after onset of symptoms



Vaccine preventable disease

# COMMUNICABLE DISEASE INFORMATION

Disease and incubation period	How the illness is spread	Signs and symptoms	Contagious period	Return to school
<b>Fifth's Disease</b> 4 - 20 days	Secretions from the nose, throat and mouth through sneezing, coughing or speaking	Rash begins as a solid red area on cheeks, spreading to upper arms, legs, trunk, hands and feet	Most infectious before the illness. Not likely to infect after rash and other symptoms appear	Children who feel well need not be excluded from school upon recommendation from their physician
<b>German Measles (Rubella)</b> 14 - 21 days Average 16 - 18 days 	Secretions from the nose, throat and mouth through sneezing, coughing, or speaking	Rash begins on face and spreads to rest of the body within 24 hours. Swelling of lymph nodes behind ears and base of skull. Mild cold-like symptoms often present	7 days before to 7 days after rash onset	Upon recovery with minimum of 4 days
<b>Hand, Foot &amp; Mouth</b> 3 - 6 days	Direct contact with discharges from tiny blisters of an infected person. Secretions from the nose, throat, and mouth through sneezing, coughing, or speaking	Sudden onset of fever and tiny blisters on extremities, inside mouth and throat. Rash on hands and feet, mostly palms and soles. Symptoms may be present 5 - 7 days	2 - 3 days before onset and several days after onset	Upon recovery when cleared by a physician
<b>Hepatitis A</b> 15 - 50 days Average 28 days 	Fecal (stool) - oral contamination of hands, food and drinks placed in the mouth	Sudden start with loss of appetite, nausea, fever and abdominal pain/discomfort. Within a few days, jaundice occurs with yellowing of eyes and skin and darkening of urine	1 - 2 weeks before symptom onset to 1 week after jaundice development. Virus shedding may last up to several months	When cleared by a physician
<b>Impetigo</b> 4 - 10 days	Direct skin contact with wounds or discharges from an infected person	Isolated puss filled spots which become crusted and break, releasing a straw colored fluid. Usually occurs in facial region	As long as puss-filled lesions continue to drain	Upon satisfactory medical treatment
<b>Influenza</b> 1 - 3 days 	Secretions from the nose, throat and mouth through sneezing, coughing, or speaking	Illness starts with chills, fever, headache, muscle pain, and coughing, followed by other cold symptoms	1 day before onset of symptoms to about 7 days from the first symptom in children	When fully recovered
<b>Measles</b> 8 - 13 days Average 10 days 	Secretions from the nose, throat and mouth through sneezing, coughing, or speaking	Fever, runny nose, red eyes, and coughing. Rash around the ears and hairline followed by the face and neck, trunk, and arms	4 days before rash and up to 4 days after	Upon recovery, minimum 7 days
<b>Mononucleosis</b> 4 - 6 weeks	Person to person with contact from their saliva, such as through kissing, sneezing and sharing utensils	Fever, sore throat, drowsiness, swollen lymph nodes (especially in neck and armpit), swollen spleen. Swollen tonsils develop whitish-yellow covering. Skin rash and muscle aches	Varies, but while the person has symptoms and for up to two months	When cleared by physician. Avoid vigorous activities for up to one month to avoid rupture of spleen
<b>MRSA</b> Varies and can be indefinite	Direct skin contact with wounds or discharges from an infected person	Bacterial infection (staph) that may be resistant to certain antibiotics. Commonly appears as a skin lesion that looks like a pimple or boil	As long as lesions can drain or indefinitely in the carrier state (found on the skin or in nose and not causing infection)	When cleared by a physician and able to keep draining wounds covered



Vaccine preventable disease