

Exclusion Information District 158 Health Services

Illness	Description	Symptoms	Prevention	School Attendance
Bacterial Meningitis	Inflammation of the membranes that cover the brain and spinal cord.	Sudden onset of high fever, intense headache, nausea, vomiting, stiff neck, and confusion.	Proper hand washing and proper disposal of soiled articles.	MD note required for return. Students are excluded until bacteria are no longer present in their nose and mouth secretions.
Chicken Pox	Highly contagious disease caused by a virus. Causes fluid filled vesicles on the skin.	Irritability and lack of appetite followed by rash that forms blisters.	Proper hand washing and not sharing eating or drinking utensils.	Students are excluded until 5 days after the appearance of the rash (or until blisters have scabbed over).
Conjunctivitis	Inflammation of the layer that covers the eye.	Red eyes with watery or mucous discharge from the eyes, itching and burning.	Proper hand washing and not sharing clothing, towels, make-up or eye medication.	Students are excluded until 24 hours after beginning physician-prescribed medication.
Fifth's Disease	A mild, contagious viral infection with potential risk to fetuses.	Mild fever, fatigue, headache with a bright red rash ("slapped cheek appearance")	Proper hand washing, avoid sharing of eating utensils.	No restrictions.
Flu/Cold	Very contagious group of illnesses caused by viruses.	Fever, sore throat, cough, vomiting/diarrhea, runny nose	Proper hand washing.	Students are excluded until fever free for 24 hours, and/or free of diarrhea and vomiting for 24 hours.
Giardiasis	An intestinal infection caused by the Giardia organism.	Chronic diarrhea, abdominal cramping, frequent loose and pale stool.	Proper hand washing after using bathroom and before eating.	Students are excluded until 24 hours after being free from diarrhea.
Hand, Foot and Mouth Disease	A virus caused by the coxsackie virus.	Sore throat, low grade fever, with small blisters inside mouth, fingers, hands and feet.	Proper hand washing.	Students are excluded until 24 hours after fever free.
Head Lice	A form of insect that lives on the human head.	Intense itching of head, finding of eggs or live lice on hair shafts.	Advise children not to share hats, combs, hair ribbons, or pillows.	No restrictions.
Hepatitis A	Inflammation of the liver caused by a virus or certain other factors.	Abdominal pain, fatigue, diarrhea, vomiting, white-colored stool.	Proper hand washing.	Students are excluded until a medical certificate from a physician indicates clearance for school.

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Hepatitis B	Inflammation of the liver caused by viruses or other factors.	Fever, headache, muscle aches, fatigue, dark-colored stool.	Hepatitis B vaccination.	Students are excluded until a medical certificate from a physician indicates clearance for school.
Hepatitis C	Inflammation of the liver caused by viruses or other factors.	Headache, muscle aches, vomiting, diarrhea and clay-colored stool.	Teach children to avoid contact with human blood.	Students are excluded until a medical certificate from a physician indicates clearance for school.
Herpangina	A viral illness that harbors in the intestinal tract.	Sudden high fevers, tiny vesicles on tonsils, may have vomiting and abdominal pain.	Proper hand washing after using bathroom and before eating.	Students are excluded until fever-free for 24 hours and feel well enough to participate in daily school activities.
Impetigo	A skin infection caused by bacteria.	Small grape-like cluster of tiny blisters. A yellow or brown crust forms when blisters break.	Proper hand washing.	Student excluded until antibiotic has been used for 24-48 hours.
Measles	A respiratory illness caused by a virus. Also called "10-day" or "red" measles.	Rash, high fever, cough, runny nose and watery eyes. Rash spreads to cover body.	Measles vaccination.	Student excluded until at least 4 days following onset of rash and medical certificate from physician. ALL UN-IMMUNIZED CONTACTS ARE EXCLUDED UNTIL 21 DAYS AFTER LAST CASE.
Mononucleosis	An infection caused by the Epstein-Barr virus.	Fever, inflamed throat and tonsils, tiredness, swollen lymph nodes in neck.	Proper hand washing, discourage sharing of eating/drinking utensils.	Student excluded until feeling well enough to participate in daily school activities. Written note from physician excusing from P.E. required.
Mumps	A viral disease that affects the salivary glands.	Fever, headache, parotid glands become swollen and painful.	Mumps vaccination.	Student excluded for 9 days following the onset of swelling along with medical certificate. UN-IMMUNIZED STUDENTS WILL BE EXCLUDED ON THE 12TH-25TH DAY AFTER EXPOSURE.

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Pertussis	A bacterial illness, also known as “Whooping Cough”.	Runny nose, low-grade fever, mild cough that persists into bursts of coughing attacks with a high pitched whoop sound.	Pertussis vaccination.	Student excluded until 5 days after beginning the physician prescribed antibiotic therapy.
Pink Eye	Inflammation of the clear membrane of the eye.	Red eyes, watery or mucous discharge from eyes, itching and burning.	Proper hand washing.	Students are excluded until 24 hours after beginning physician-prescribed medication.
Pinworms	An intestinal infection caused by a tiny worm.	Intense anal itching, especially at night.	Proper hand washing after using the toilet and before eating.	Student excluded until treatment prescribed by a physician has started. Students may attend school while undergoing treatment.
Ringworm	A fungal infection of the skin, scalp and fingernails.	Round or irregular shaped raised areas on skin that become flaky.	Proper hand washing. Advise children not to share personal items, such as clothes and towels.	Student excluded from school if ALL lesions cannot be covered or kept covered during school day. If lesions cannot be covered, student excluded until treatment (from MD) makes lesions start to shrink.
Rubella	A viral illness, also called “German Measles”.	Acute onset of rash (small, fine pink spots) that start on face and spread to torso.	Rubella vaccination (part of MMR vaccine)	Student excluded until medical certificate from physician indicates they are able to be in school. UN-IMMUNIZED CONTACTS EXCLUDED UNTIL 2 WEEKS AFTER ONSET OF RASH OF LAST CASE.
Salmonella	Bacteria that causes food poisoning.	Sudden onset of headache, abdominal pain, fever, diarrhea and nausea.	Proper handwashing after toileting and before eating. Wash all raw fruits and vegetables.	Student excluded until being fever and diarrhea-free for 24 hours.
Scabies	A disease cause by a tiny mite that lives just below the surface of the skin.	Intense itching and red rash.	Proper hand washing. Advise children not to share or exchange clothing.	Student excluded 24 hours after the first treatment.

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Scarlet Fever	A bacterial strep infection with a rash.	Fine, pink rash on neck, cheek, groin and thighs. Fever, sore throat and swollen painful tonsils.	Proper hand washing.	Student excluded until they have been on physician prescribed antibiotic for at least 24 hours.
Shingles	Skin rash caused by the Chicken Pox virus.	Burning/tingling of skin with fluid-filled blisters. Very painful.	None	Student excluded if cannot keep rash completely covered.
Strep Throat	A bacterial infection.	Fever, headache, sore throat with swollen, red and painful tonsils.	Proper hand washing.	Student excluded until they have been on physician prescribed antibiotics for at least 24 hours.
Tuberculosis	A contagious illness that affects the lungs.	Weak, weight loss, fever and night sweats. Can cause coughing which can cause blood.	TB tests.	Students are excluded until a medical certificate from a physician indicates clearance for school (usually 2 weeks after being on medication).
Viral Meningitis	Viral infection of the tissue that covers the brain and spinal cord.	Sudden onset of fever, headache, stiff neck, confusion and sensitivity to light.	Proper hand washing after toileting, and before preparing food or eating.	Student excluded until they are no longer symptomatic (no sneezing, coughing, or runny nose). Student should not return until feeling healthy to return to a full day of activities.