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# Staying Home from School or Childcare When Your Child is Sick



*If you think that your child has an illness that can be spread to others, please keep him or her home from school or childcare. Contact your health care provider or clinic.*

*The School and Childcare Exclusion List was updated January 31, 2017*

## Dear Parents:

This brochure lists the illnesses for which a child must be kept out of school or childcare. It tells you if your child needs a doctor's note or medical treatment to come back to school or childcare after certain illnesses.

DHEC has also posted the School and Childcare Exclusion List on the web at the following address:

<http://www.scdhec.gov/Health/ChildTeenHealth/SchoolExclusion/>

If you have any questions about the School and Childcare Exclusion List, please contact your child's school, childcare or your local health department.

## Frequently Asked Questions

### When should sick children stay home from school or childcare?

If your child feels too sick to go to school or childcare, or has one of the illnesses on this form, please keep your child home.

### Does my child need to stay home when the child just has a cold?

Most children with mild colds who have no fever and who feel well enough to go to school or childcare do not need to stay home. Most colds spread in the 1-3 days before children show symptoms such as a runny nose or minor cough.

### Does my child need to be out of school or childcare if the child has pinkeye?

It is helpful to think of pinkeye like the common cold. It can be spread to others, but it usually clears up without medicine. The best way to keep a child from spreading pinkeye is to encourage good handwashing. If your child has pinkeye and a fever or severe eye pain, take him or her to see a doctor.

### How long will my child need to stay home if the child is sick?

The inside of this brochure explains how long children should stay home after they become sick with certain illnesses.

### When would my child have to stay out of school or childcare if the child was not sick?

Sometimes children will also have to stay home from school or childcare if they are exposed to some diseases that are preventable by vaccines. Your school, childcare center or local health department will discuss the amount of time with you.

### If my child was excluded, what does my child need to come back to school or childcare?

The list inside this brochure shows whether a **medical note** or **parent note** is required for your child to return to school or childcare after being absent for an illness.

### What illness might keep my child from participating in other activities?

Children with illnesses spread by close contact, like lice, scabies, shingles, staph or strep skin infections may not be allowed to participate in some sports or physical education (PE) activities. Children with mononucleosis (Mono) or cytomegalovirus (CMV) may be told not to participate in PE or sports in order to avoid injuries. Children with diarrhea should not participate in water activities like swimming, splash pads, or water tables until two weeks after diarrhea stops.

## Questions to Consider When Your Child is Sick:

1. Does your child's illness keep your child from comfortably taking part in activities?
2. Does your sick child need more care than the staff can give without affecting the health and safety of other children?
3. Could other children get sick from being near your child?

*If the answer to any of these questions is "Yes," please keep your child out of school or childcare.*

## School and Childcare Exclusion List: A Quick Reference for Parents of Children

### Chicken Pox / Varicella

Children with chicken pox may return with a **parent note** once all of the sores and blisters are dried or scabbed over. If there are no scabs, the child may return to school or childcare when no new sores appear for 24 hours.

### Diarrhea

For *most kinds* of diarrhea (defined as 3 or more loose stools in 24 hours):

**Students in 1st through 5th grades** should stay home until diarrhea stops for 24 hours, or until a healthcare provider clears the child to return to school. Your child can return with a **parent note**.

**Older children in 6th through 12th grades** with diarrhea do not have to stay home, unless they are spreading illness in the school setting, they have diarrhea with blood or mucus, or they have diarrhea from one of the contagious conditions listed below.

Children of any age must have a **medical note** to return to school or childcare after having diarrhea that contains blood or mucus. *Children with non-infectious illnesses such as Irritable Bowel Syndrome (IBS) or Crohn's Disease often have uncontrolled diarrhea containing either blood or mucus. These children do not have to have a medical note to return to school or childcare once symptoms have resolved.*

Children who can use the restroom or whose diarrhea is contained in diaper-type underwear do not have to be excluded if the diarrhea is known to be from a non-contagious condition, or if it continues after the child completes antibiotics for a diarrhea-causing illness.

A medically fragile child or child who needs help with using the bathroom may need to be out of school or childcare if the diarrhea makes it hard for his or her caretakers to keep the classroom clean.

### **E. coli 0157:H7 and other Shiga Toxin Producing E. coli (STEC):**

For all ages do not allow recreational water activities (pools, splash pads, water tables, etc.) until 2 weeks after diarrheal symptoms stop.

- **Children in childcare and students in kindergarten** must have 2 back to back tests taken at least 24 hours apart test negative for **E. coli 0157:H7**. If antibiotics were prescribed the stool cultures must be collected at least 48 hours after antibiotic completion. A **healthcare provider** must clear the child to return to school or childcare.
- Students in grades 1-12: Exclude until diarrhea has stopped for at least 24 hours. A parent note is required to return to school or childcare.

**Salmonella Typhi (Typhoid fever):** Children of any age must be out of school or childcare until the diarrhea stops and 3 lab tests taken at least 24 hours apart test negative for Salmonella Typhi. If antibiotics were prescribed the stool cultures must be collected at least 48 hours after antibiotic completion. A healthcare provider must clear the child to return to school or childcare.

### **Shigella:**

- **Children in childcare and students in kindergarten** must be removed for 24 hours or more after diarrhea has stopped and at least one stool culture is negative. If antibiotics were prescribed the tests must be collected at least 48 hours after antibiotic completion. A **healthcare provider** must clear the child to return to school or childcare.
- **Students in grades 1-12:** Remove until diarrhea has stopped for 24 hours or more: provided that the student has good handwashing and is able to self-toilet. A **parent note** is required to return to school or childcare.
  - A student with questionable or poor hand hygiene may be required to have at least one Shigella-negative stool culture and to be diarrhea-free for at least 24 hours prior to returning. If antibiotics were prescribed, stool cultures must be collected 48 or more hours after the antibiotics are completed.

**Campylobacter, Enteropathogenic E.coli (EPEC), Enterotoxigenic E. coli (ETEC), Giardia, Norovirus, Rotavirus, and most types of Salmonella:** Your child may return with a **parent note** after diarrhea stops for 24 hours.

### **Fever only**

Keep your child home for a fever of 101 degrees or higher by mouth or 100 degrees or higher if taken under the arm. Your child can return to school or childcare with a **parent note** when the fever is gone.

### **Flu, Influenza or Influenza-Like Illness (ILI)**

*(ILI is defined as an oral temperature of greater than 100° F with a cough and/or sore throat for which there is no other known cause)*

A child with the flu will be excluded for a fever of 100 degrees with cough and/or sore throat until he or she is fever free for at least 24 hours without any fever medicines.

### **Hand, Foot, and Mouth Disease**

Children with hand, foot, and mouth disease should be out of school or childcare while they have fever, above normal drooling, trouble swallowing, or are too sick to do normal school or childcare activities.

### **Head Lice**

Children with crawling lice or with nits (eggs) 1/4 inch or closer to the scalp may be sent home at the end of the day, if head-to-head contact with other children can be avoided. Otherwise, they may be sent home immediately.

Your child may return with a parent note after their first treatment with a facility-approved lice removal product, if there are no active lice crawling on your child's head.

The school or childcare should check your child's scalp for any newly hatched lice 7-10 days after treatment. If any are present, your child will have to be removed and retreated for lice in order to come back to school or childcare.

### **Haemophilus influenzae Type B (Hib)**

Children with a Hib infection are excluded until cleared by a **healthcare provider** to return to school or childcare.

### **Hepatitis A**

Children are excluded until 1 week after the start of illness or jaundice. The child may return with a **medical note** 1 week after the start of the jaundice.

### **Impetigo**

Your child may return after receiving antibiotics for 24 hours, as long as the sores have stopped oozing and are starting to get smaller, or if the sores can be covered completely with a watertight bandage. A **parent note** is needed to return to school or childcare.

### **Measles (Rubeola)**

Children with measles can return with a **medical note** 4 days after the rash begins, if they have no fever and feel well enough to participate in regular school or childcare activities.

### **Meningitis**

A child with signs of meningitis (high fever, rash, stiff neck) must remain out of school or childcare until a **health care provider** provides a medical note stating that the child may return.

### **Mumps**

Children with mumps can return with a **medical note** 5 days after the beginning of swelling.

### **Pink-eye / Conjunctivitis**

Children with pinkeye do not have to stay home unless there is a recommendation from the health department or the child's healthcare provider. A child with pinkeye should see a healthcare provider if he or she has fever or severe eye pain.

### **Rash with fever, behavioral changes or other symptoms**

Children who have a quickly spreading rash or a rash with fever or behavior change are to be removed from school or childcare immediately. A **medical note** is required to return.

### Ringworm

Children with **ringworm of the scalp** must remain out of school or childcare from the end of the day until they have begun treatment with a prescription oral antifungal medication. Your child may return with a **parent note**.

Children with **ringworm of the body** must remain out of school or childcare from the end of the day until they have begun treatment with a topical antifungal medication. Your child may return with a **parent note**.

### Rubella / German Measles

Keep your child home until 7 days after rash starts. The child may return with a **medical note**.

### Scabies

Keep children with scabies out of school or childcare until treatment/medication has been completed (usually overnight). A **medical note** is required to return.

### Shingles

Keep children home who have shingles sores or blisters that cannot be covered. Your child may return with a **parent note** once the sores are dried or scabbed.

### Skin Infections from Staph or Strep (includes MRSA) or Herpes Gladiatorum

Children may attend school or childcare if the sores are covered with clothes or dressings, and if the drainage does not come through clothes or dressing.

### “Strep Throat” / *Streptococcal* Pharyngitis

Your child with “Strep throat” can return to school or childcare with a **medical note** 24 hours after starting antibiotics, if there is no fever.

### Tuberculosis (TB)

Keep children with active TB home until the health care provider treating the TB writes a **medical note** that says that the child is no longer contagious.

### Vomiting

Keep young children home when vomiting has occurred 2 or more times in a 24 hour period, or for vomiting and fever (101 or higher). All children should stay home for any green or bloody vomit. If the child is vomiting and also has not urinated for 8 hours the child should stay home. Your child may return with a **parent note**.

### Whooping Cough / Pertussis

Children with whooping cough can return to school or childcare with a **medical note** after completing 5 days of antibiotics.

If there is an outbreak of disease in your child’s school or childcare, DHEC may change the exclusions found in this document in order to stop the spread of disease.

If your child has not received immunizations to protect against diseases like Measles, Mumps, Rubella (German measles), or Chickenpox, he or she may need to be removed from school or childcare if there are cases of these illnesses in the school or childcare. Your school nurse will provide more information if here is an exposure or outbreak. If there is an exposure or outbreak.

## OK to Attend

**Children with the following conditions do not have to be excluded from school or out-of home childcare, if they feel well enough to participate in regular activities:**

- Canker Sores
- Chronic Hepatitis B or C
- Colds or coughs, without fever or other signs of illness
- Cold Sores
- Croup
- Cytomegalovirus (your child may need to stay out of PE and sports)
- Disease spread by mosquitos: Malaria, West Nile Virus
- Diseases spread by ticks: Babesiosis, Ehrlichiosis, Lyme Disease, Rocky Mountain Spotted Fever, Tularemia
- Ear Infection
- Fifth Disease
- HIV infection
- Mononucleosis (your child may need to stay out of PE and sports)
- MRSA, if child is only a carrier
- Pinworms
- Rash without fever or behavior change
- Roseola, once the fever is gone
- Thrush
- Urinary Tract Infection
- Warts, including Molluscum contagiosum
- Yeast Diaper Rash

## Help your child stay healthy and ready to learn.

We hope that your child never has to miss school or childcare because of illness. The best protection from disease is prevention. You can help prevent many illnesses by making sure your child receives immunizations and by making sure your child washes his or her hands often.

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