



# THE SCHOOL DISTRICT OF LEE COUNTY

## HEALTH SERVICES

### ILLNESS POLICY

Deciding when to keep your student home from school can be difficult. When a student is sick and needs to stay at home, parents should contact the school and describe the illness and symptoms. If a health care provider makes a specific diagnosis (such as strep throat, conjunctivitis, chicken pox etc.), send in a note from the health care provider with instructions for care at school.

**There are several reasons students should stay home from school:**

1. The student does not feel well enough to participate in usual activities, and exhibits signs of extreme fatigue, unexplained irritability or persistent crying.
2. The student requires more care than the school staff is able to provide without negatively impacting the health and safety of other students.
3. The student is not vaccinated due to medical or religious reasons and there is an outbreak in the school.
4. The student has an illness that requires them to stay home and/or their health care provider has written they must remain home for a certain amount of time due to illness.

**The following list gives guidelines and recommendations for exclusion from school due to specific symptoms or diagnoses:**

| ILLNESS OR SYMPTOM  | EXCLUSION IS NECESSARY   |
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| <b>Chicken Pox/Varicella</b>  | <b>Yes</b> - Until blisters have dried and crusted (usually 6 days). Must be fever-free per policy.  |
| <b>Conjunctivitis (pink eye)/Eye Discharge</b> (itchy, pink or red eyes with thick mucus or pus draining from the eye)  | <b>Yes</b> – May return 24 hours after treatment begins. If your health care provider decides not to treat your child, a note is required. Eyes must be free of discharge, and drainage before returning to school.  |
| <b>Coughing</b><br>(severe, uncontrolled coughing or wheezing, rapid or difficulty in breathing OR repetitive dry cough)  | <b>Yes</b> - Medical attention may be necessary. Student may return to school with a clearance note from a health care provider stating the cause is not communicable. Coughing could be a symptom to COVID-19 and student must quarantine for 10 days unless health care provider determines it is not COVID-19 related. See clearance note requirement above.<br><br><i><b>Note:</b> Students with asthma may be cared for in school with a written health care plan and authorization for medication/ treatment. For asthmatic students, coughing/wheezing should improve or resolve with use of inhaler. If it does not resolve or worsens, student must be sent home for further treatment or medical evaluation.</i> |
| <b>COVID -19 Diagnosis</b><br><u><b>Symptoms:</b></u><br>*fever or chills (temperature 100.4 F degrees or higher)<br>*muscle pain (achy muscles not related to new exercise)<br>*headache (not related to history of migraines)<br>*sore throat<br>*loss of taste or smell<br>*cough<br>*shortness of breath/difficulty breathing<br>*fatigue<br>*nausea or vomiting<br>*diarrhea<br>*congestion/runny nose | <b>Yes</b> – quarantine for 10 days from first symptoms and must be symptom free for 24 hours without symptoms reducing medication. If health care provider determines it is not COVID-19 related a clearance note is required to return to school sooner than the 10-day quarantine.  |

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| <p><b>Coxsackie Virus<br/>(Hand, foot and mouth disease)</b></p>   | <p><b>No</b> - May attend if able to participate in school activities, unless the student has mouth sores and is drooling, fatigued, or has a temperature of 100.4 F degrees or higher.</p>  |
| <p><b>Diarrhea – loose or watery stools, with or without mucus and blood</b></p> <p><b>Diapered Students</b> – Loose or watery stools that cannot be contained in diaper</p> <p><b>Toilet Trained Students</b> – Loose or watery stool causing “accidents” with a frequency of no more than 2 stools above the child’s normal frequency</p>      | <p><b>Yes</b> - Diarrhea could be a COVID-19 symptom and requires a 10-day quarantine unless the health care provider determines the diarrhea is not COVID-19 related and provides a clearance note to return to school.</p> <p><b>Exception:</b> Documentation provided by health care provider stating student is not infectious or the diarrhea is caused by diet/medical factors. Stool must be contained in diaper or in toilet (if toilet trained). Any stool leaking through clothing and onto shared surfaces is a health and safety issue for all students and staff.</p> |
| <p><b>Fever</b> - An elevation of body temperature above normal.</p>   | <p><b>Yes</b> - when temperature is elevated to 100.4 F degrees or higher. Quarantine for 10 days and must be fever free for 24 hours without fever reducing medications to return. <b>If health care provider determines fever is not COVID-19 related a clearance note stating when student can return to school is required.</b></p>  |
| <p><b>Fifth’s Disease (Diagnosed)</b></p>  | <p><b>No</b> - Student is no longer contagious once rash appears and temperature is within normal limits (under 100.4 F degrees)</p>   |
| <p><b>Head Lice</b></p>  | <p><b>Yes</b> - May return after treatment and removal of all live lice and nits from hair. A maximum of 3 days will be excused for this.</p>  |
| <p><b>Hepatitis A</b></p>  | <p><b>Yes</b> – Until determined not infectious by a health care provider.</p>   |
| <p><b>Herpes Zoster</b></p>  | <p><b>Yes</b> – If area is oozing and cannot be covered, e.g., mouth sores. Otherwise, may return to school.</p>   |
| <p><b>Impetigo</b></p>   | <p><b>Yes</b> – Student may return to school 24 hours after antibiotic treatment has begun. Wound drainage must be covered and contained with clean dry bandage.</p>   |
| <p><b>Molluscum Contagiosum</b></p>  | <p><b>No</b> – Affected area must be covered by clothing or bandage.</p>   |
| <p><b>Mononucleosis/Epstein-Barr</b></p>   | <p><b>Yes</b>- Student must be fever free for 24 hours without fever reducing medications and be able to participate in school activities.</p>   |
| <p><b>MRSA/Staph Infection</b></p>   | <p><b>Yes</b> – May return 24 hours after treatment starts. Wound must be covered with dressing taped on all 4 sides. Wound drainage must be covered and contained with clean dry bandage.</p>   |
| <p><b>Upper Respiratory Symptoms</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> large amount of thick nasal discharge</li> <li><input type="checkbox"/> Persistent cough with or without sputum</li> <li><input type="checkbox"/> Shortness of Breath</li> <li><input type="checkbox"/> Difficulty Breathing</li> </ul> | <p><b>Yes</b> – quarantine for 10 days from first symptoms and must be symptom free for 24 hours without symptoms reducing medication. <b>If health care provider determines respiratory symptoms are not COVID-19 related a clearance note stating when student can return to school is required.</b></p>   |
| <p><b>Rash</b></p>   | <p><b>Yes</b> - May return to school when health care provider determines that illness is not communicable, and parent brings in note from health care provider that student may return to school, or rash completely resolves.</p> <p><b>Note:</b> If rash is accompanied by fever, student must be fever free for 24 hours without fever reducing medications and rash must be resolved prior to returning to school.</p>  |

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| <p><b>Ringworm</b></p>  | <p><b>No</b> – As long as area can be covered by bandage or clothing. Over-the-counter treatment must begin when student goes home. Area must remain covered at school until ringworm completely resolves.</p> <p><b>Yes</b> – If ringworm is unable to be covered with bandage or clothing, worsens or spreads, parent must seek medical advice and a note from a health care provider will be required for student to return to school.</p> |
| <p><b>Scabies</b></p>   | <p><b>Yes</b> – May return 24 hours after treatment is started with note from health care provider that student is no longer contagious and/or proof of treatment.</p>  |
| <p><b>Strep Throat</b></p>  | <p><b>Yes</b> – May return after 24 hours of antibiotic treatment. If student has a temperature of 100.4 degrees or higher, fever policy must be followed.</p>  |
| <p><b>Vaccine Preventable Diseases</b><br/>(mumps, measles, rubella, pertussis/whooping cough)</p>  | <p><b>Yes</b> – Until determined not infectious by a health care provider.</p>  |
| <p><b>Vomiting</b> - 1 episode in the last 24 hours where cause cannot be determined (examples of explainable causes: drinking/eating odd food combinations; history of motion sickness on bus; known food allergy)</p> | <p><b>Yes</b> - quarantine for 10 days from first symptom and must be symptom free for 24 hours without symptom reducing medication. <b>If health care provider determines vomiting is not COVID-19 related a clearance note stating when student can return to school is required.</b></p> <p><b>Note:</b> <i>Observe for other signs of illness and for dehydration.</i></p>  |