

LCSD#2 Illness Guidelines

When to Stay Home from School?

There are four main reasons for sick persons to stay at home:

1. The person doesn't feel well enough to take part in normal activities. For example, the person is overly tired, fussy, or unable to participate in expected activities.
2. The person needs more care than teachers and staff can give while still caring for others.
3. The illness is on this list and staying home is recommended.
4. Lincoln County School District #2 reserves the right to send a person home at any time.

*****Remember, the best way to stop the spread of infection is through good hand washing (20 seconds with soap and water) and covering coughs and sneezes into elbow or tissue.*****

| Symptom / Illness | Need to stay home? |
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| Allergies | <p>YES, Person must stay home if the symptoms are severe. This includes fever and the person is not acting normally and/or has trouble breathing. (*)Seek Medical Care</p> <p>NO, Person may attend if they are able to take part in school activities. Note: Persons with asthma or allergies may go to school with a written health care plan.</p> |
| Chicken Pox / Varicella | YES , until the blisters have dried and crusted (usually 6 days). |
| Concussion | <p>YES, (*)Seek Medical Care. Person may return to school once symptoms have resolved or with a clearance note from a medical provider. If symptoms worsen, the person is advised to reduce activity until it is tolerated.</p> <p>Person will be excluded from physical activities for a minimum of 5 days, unless a clearance note from a medical provider is provided.</p> |
| Coughing | <p>YES, if severe. (*)Seek Medical Care for uncontrolled coughing or wheezing, rapid or difficulty breathing.</p> <p>Note: Persons with asthma or allergies may go to school with a written health care plan.</p> |
| <p>Diarrhea Frequent, loose, or watery stools compared to a person's normal stools that are not caused by food or medicine.</p> | <p>YES, if the person looks or acts sick with frequency / urgency; if the person has diarrhea with fever; if person has diarrhea with vomiting; if the person has diarrhea that overflows the diaper.. (*)Seek Medical Care</p> <p>Additional general guideline: Person should stay home until diarrhea stops for 24 hours WITHOUT the use of antidiarrheal medication (Imodium, Pepto Bismol, etc).</p> |
| Ear Pain | <p>YES, (*)Seek Medical Care If severe, with fever</p> <p>NO, if mild.</p> |
| <p>Eye infection, Conjunctivitis (pink eye) Pink color of eye AND thick yellow/green discharge</p> | YES, (*)Seek Medical Care. Person has a fever, severe eye pain, purulent drainage, behavior changes, or cannot keep hands away from eyes. |

| Symptom / Illness | Need to stay home? |
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| Fever 100.4°F and higher | <p>NO, Persons may return to school after treatment has started.</p> <p>YES, not permitted to be present in school facilities</p> <p>Person may return when fever-free for 24 hours WITHOUT the use of fever reducing medication (Tylenol, Ibuprofen, Cold Medications, etc) or with a clearance note from a medical provider.</p> |
| <p>Flu / Respiratory Virus</p> <p>Fever over 100.4°F, cough, sore throat, congestion. Other symptoms can include tiredness, body aches, nausea/vomiting, and diarrhea, fatigue, chills/night sweats, headache, loss of smell or taste, shortness of breath.</p> | <p>YES, for at least 24 hours after the fever is gone, WITHOUT the use of fever reducing medication (Tylenol, Ibuprofen, Cold Medications, etc) or with clearance note from a medical provider.</p> <p>(*)Seek Medical Care</p> |
| Fifth's Disease | NO , Persons are no longer contagious once rash appears. |
| <p>Hand Foot and Mouth Disease (Coxsackie virus)</p> | <p>YES, if the person has a fever and weeping blisters, the person has mouth sores, is drooling and can't take part in usual activities.</p> <p>NO, if blisters are dried and crusted and no fever.</p> |
| Head Lice or Scabies | YES , from the end of the school day until after first treatment. |
| Hepatitis A | YES , until 1 week after the illness starts and when the person can take part in usual activities. |
| Herpes | NO , unless the person has open sores that can't be covered, or the person is drooling uncontrollably. |
| Hospitalization | <p>NO, with a clearance note from a medical provider. .</p> <p>Please bring a note from the medical provider and give it to the school nurse with instructions of any limitations for the person returning to full activity.</p> |
| Impetigo | YES, (*)Seek Medical Care , persons need to stay home until 24 hours after treatment has started. |
| Norovirus | YES , until 24 hours after last diarrhea/vomiting. |
| <p>Rash with Fever</p> <p><u>Note</u>: Body rash <u>without</u> fever or behavior changes usually does not need to stay home from school, call the doctor</p> | <p>Yes, (*)Seek Medical Care: Rash with fever. Any rash that spreads quickly, has open, oozing wounds and/or is not healing should be evaluated.</p> <p>NO, Rash <u>without</u> fever. A body rash without a fever or behavior changes usually does not need to stay home from school. You can call your provider for advice.</p> |
| Ringworm | YES, (*)Seek Medical Care , from the end of the school day until after starting treatment. Keep the area covered for the first 2 days. |
| Roseola | YES, (*)Seek Medical Care , if the person has a fever and rash |

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| RSV (Respiratory Syncytial Virus) | YES, (*)Seek Medical Care. |
| Symptom / Illness | Need to stay home? |
| Sore Throat | YES, (*)Seek Medical Care If severe, with fever and feeling ill for more than 48 hours, OR after known exposure to a confirmed case of Strep throat infection. NO , if mild. |
| Strep Throat | YES, (*)Seek Medical Care. Home for 24 hours after starting antibiotics. Persons may return to school after 24hrs if able to take part in usual activities, or with a clearance note from a medical provider. |
| Stomachache | YES , if accompanied by other symptoms such as vomiting, fever, diarrhea. (*)Seek Medical Care , if severe, if pain appears to be from injury, or if jaundice, etc. Persons may return to school after 24 hours with no symptoms or with a clearance note from a medical provider. NO , if mild |
| Vaccine Preventable Diseases Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough), Varicella (Chicken Pox), Polio, Hepatitis B, Tetanus and Diphtheria | YES , persons can return to school with a clearance note from a medical provider. Note: If there is a disease outbreak at school, all vaccine exempt persons may be excluded during the active outbreak per WY state guidelines. |
| Vomiting/Throwing up Throwing up two or more times in the past 24 hours | YES , Stay home until vomiting has stopped for 24 hours or with a clearance note from the medical provider. (*)Seek Medical Care If a person has a recent head injury OR other behavioral changes. |
| Yeast Infections Including thrush or Candida diaper rash | NO – follow good hand washing and hygiene practices. |

This information is intended for educational purposes only. It is not intended to take the place of your personal healthcare provider’s advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

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