

For the health and safety of others, as well as that of your child, if your child displays one or more of the following symptoms, he/she should remain at home:

- A fever in the last 24 hours
- A cold that is less than three days old
- Heavy nasal discharge
- A constant, nagging cough
- If child is fussy, cranky and generally not him/herself
- If child has nausea, vomiting and refuses breakfast
- A rash on face or body
- Any signs of diarrhea
- Unusual tiredness (necessary rest may prevent illness)
- Any symptoms of possible communicable disease, sniffles, reddened eyes, sore throat, headache, and abdominal pain plus fever.

In general, your child should be kept out of school for 24 hours from the occurrence.

If the physician has prescribed medication, the child should not return to school until the medication has been administered for at least 24 hours.

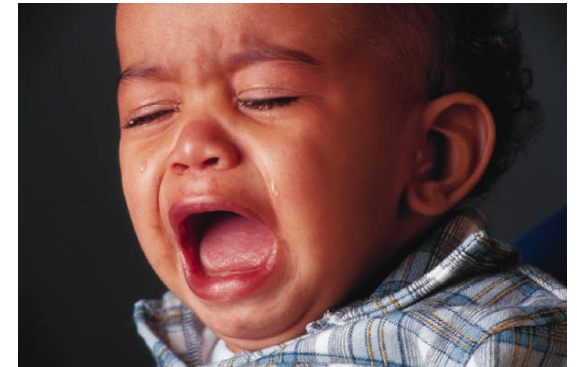
If your child is not well enough to go outside, he/she should remain home to rest.

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Our mission is to promote family involvement by providing information on topics of interest in early childhood education to the parent as the child's first and most important teacher.

# When to Keep Your Sick Child Home



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**Roseola** is a mild viral illness that affects young children. It often starts with a sudden high fever [103 °F (39.4 °C) to 105 °F (40.6 °C)] that lasts 2 to 3 days. As the fever drops, a rosy-pink rash appears over the entire body, mostly on the torso, neck, and arms. The rash may last 1 to 2 days. Roseola is most common in children 6 months to 2 years of age. It is rare after age 4.

**Fifth disease** is an air borne virus much like a common cold. The most common symptom is a red patchy rash on the face. The contagious period for Fifth disease is before the rash appears and ends when the rash is full. Since the disease is no longer contagious once the rash appears, children who feel well don't need to be excluded from school. Usually no treatment is needed.

**Bacterial Meningitis** is an acute bacterial disease which results in an infection of the membranes of the brain and spinal cord. Early signs vary but may include sudden fever, intense headache, nausea and vomiting, stiff neck, and possible rash. It is okay to return after the child has recovered, completed antibiotic treatment, and with your physician's ok.

**Poison Ivy/Oak/Sumac** are the most common cause of allergic reactions in the United States. Contact usually causes red, swollen skin, blisters and severe itching. Poison Ivy/Oak/Sumac are not contagious! Children do not need to be excluded from school for Poison Ivy/Oak/Sumac, unless other rash conditions are suspected.

**Enteritis** is an infection which may result in vomiting, fever and diarrhea. Rotavirus is a common cause of Enteritis in children, but similar symptoms may result from a variety of organisms. Symptoms of enteritis vary, depending on the organism, but may include any combination of nausea, vomiting, headache, abdominal pain, loose or watery stools, gas and discomfort. Children with active symptoms should remain at home until the symptoms subside. Good hand washing should be encouraged.



**Infectious mononucleosis**, sometimes called "mono" or the "kissing disease," is a mildly contagious disease caused by a virus that belongs to the herpes family, called Epstein-Barr virus. Very young children who drool or mouth objects, should be excluded for the time they feel ill. Students may return to school with a physician's authorization. The child should feel well enough to participate in school activities. The physician may recommend limitations on certain physical activities.

**Pink eye** is a general term for an irritation or infection of the membranes that line the eye and eyelid. There are many causes. Bacteria, viruses, or allergic reactions may cause it. Irritation that causes redness and swelling of the eyelids and/or skin surrounding the eyes; sensitivity to light, eye pain, and a white or yellow discharge from the eye may be present. For bacterial pink eye, the child may return to school 24 hours after proper treatment.

**Ringworm** is an infection caused by a fungus. Ringworm of the scalp begins as a small pimple, which grows and spreads, leaving scaly patches of temporary baldness. Ringworm of the body first appears as flat spreading circular patches. The child may return to school 24 hours after proper treatment by a physician is started.

**Strep throat** is a contagious infection of the throat and tonsils caused by streptococcal bacteria. It can occur at any age, but is most prevalent among school-aged children. Sudden onset of fever; sore, red-dened throat; and enlarged lymph nodes in the neck. Children should not return to school until at least 24 hours after beginning antibiotic treatment, also until the fever is gone.

**Impetigo** is caused by bacteria which affect the upper layer of skin and results in infectious skin lesions (sores). The sores are commonly found on the face (around the mouth/nose), and on the fingers. Children may return to school 24 hours after antibiotic treatment is started, if there is no fever.