Dear Parents:

A School Exclusion List indicates for which illnesses a child must be kept out of (excluded from) school. It also indicates when medical notes are needed for children to return to school after certain illnesses.

The information in this brochure applies to students in 1st through 12th grades who are not considered to be Medically Fragile. If needed, your child’s school will give you information on Exclusion Lists for children in 3, 4 or 5 year old Kindergarten, or students in 1st through 12th grades who are Medically Fragile.

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

When should sick children stay home from school?

If your child feels too sick to go to school, please keep him home.

Children should also stay home if they have symptoms of possibly severe illnesses that they might be able to spread to other children. This includes fever, difficulty breathing, a spreading rash, weepy sores that cannot be covered, and severe vomiting and diarrhea or vomiting blood.

Does my child need to stay home when he has a mild cold?

Mild illnesses such as colds are very common among children. Most children with mild colds who have no fever and who feel well enough to go to school do not need to stay home. Most colds spread in the first 3 days before children show symptoms such as a runny nose or slight cough.

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

- The inside of this brochure explains how long children should stay home after they become ill with excludable conditions.
- Sometimes children will also have to stay home from school if they are exposed to some diseases — your school or DHEC will discuss this exclusion with you.

What does my child need to come back to school?

The list inside this brochure shows whether or Medical Note or Parent Note is required to return to school after exclusion for illness.

What about other activities?

Students with illnesses spread by close contact, like lice, scabies, shingles, or staph or strep skin infections, may not be allowed to participate in some sports or physical education activities.

What about “Swine Flu” or H1N1?

Students with influenza-like illness, which is a fever of 100°F or higher plus a sore throat and/or cough will need to be out of school until they have been fever-free (temperature below 100°F without using fever medicines) for at least 24 hours.

DHEC may change this policy if there is an outbreak of flu in the school.
School Exclusion List: A Quick Reference for Parents

When diarrhea stops and 2 lab tests taken 24 hours apart test negative for E. coli O157:H7, Giardia: When diarrhea stops or child has taken antibiotics for at least 24 hours, Salmonella typhi (Typhoid fever): After 24 hours without diarrhea, if a doctor clears the child to return.

Fever by itself
Keep your child home for a fever 101°F or higher by mouth, or 100°F or higher if taken under the arm. Your child can return to school with a Parent Note when the fever is gone.

Fever with Rash, Behavior Change or other Symptoms
Students with a fever should be out of school if they have signs of severe illness such as a rash, change in behavior, pallor, headache, vomiting, confusion, sore throat or irritability.

German Measles / Rubella / 3 Day Measles
Keep your child home until 7 days after rash starts. He may return with a Medical Note.

Head Lice
School-age with head lice, who are not medically fragile, should be sent home at the end of the school day. Your child may return with a Parent Note after her first treatment with a school-approved lice-removal product. Your child’s school may recommend options for head lice treatment.

Hepatitis A / Yellow Jaundice
Children with acute hepatitis A may return with a Medical Note 1 week after the start of the jaundice.

Hib (Haemophilus influenzae Type B)
Students with proven Hib infection need to be out of school until at least 24 hours after they complete their antibiotics. A Medical Note is required to return.

Impetigo
If your child has dry, honey-colored crusty sores that cannot be covered, he will be sent home at the end of the school day until 24 hours after starting antibiotics. If the sores are weepy, oozing or wet or cannot be covered and kept dry, the student will be sent home immediately. He may return after 24 hours of antibiotics, if the sores have stopped oozing and are starting to get smaller. A Medical Note is needed to return.

Influenza or Influenza-Like Illness (ILI)
A student with ILI or the flu will be excluded for a fever of 100°F with cough and/or sore throat until he is fever free for at least 24 hours.

Measles / Red Measles / 10 Day Measles
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 activities.

Meningitis
A student with signs of meningitis (high fever, rash, stiff neck) must remain out of school until a healthcare provider says that the student may return.

Mumps
Children with mumps can return with a Medical Note 5 days after the beginning of swelling.

Pink-eye / Conjunctivitis
Students in 1st through 5th grades whose eyes are red or pink, and who have eye pain and reddened eyelids, with white or yellow eye discharge or eyelids matted after sleep may have Purulent Conjunctivitis. They should not be in school until they have been examined and treated. A Medical Note is required to return.

Rash
Students who have a rapidly spreading rash or a rash with fever or behavior change are excluded from school immediately. A Medical Note is required to return.

Ringworm
Students in 6th through 12th grades who have ringworm of the scalp must remain out of school until they have begun treatment with a prescription oral antifungal medication. Your child may return with a Medical Note.

Scabies
Children with scabies should be out of school until treatment/medication has been applied. A Medical Note is required to return.

Shingles
Keep children home who have shingles lesions/sores/ blisters that cannot be covered. Your child may return with a Parent Note once the lesions are dried/scabbed.

Staph or Strep Skin Infections (includes MRSA)
A child with a draining sore, boil, or abscess that cannot be covered, or with sores that ooze through and soak dressings, should remain home. She may return once the draining stops, or if the drainage (oozing) can be contained in the dressing, so that no one else comes into contact with the drainage. Because treatments vary, there is no requirement for numbers of hours on an antibiotic.

“Strep Throat” / Strepococcal Pharyngitis
Your child with “Strep throat” can return to school with a Medical Note 24 hours after starting antibiotics if there is no fever.

Tuberculosis (TB)
A child with TB should be kept home until the doctor treating the TB writes a Medical Note that says that the child is no longer contagious.

Whooping Cough / Pertussis
Children with whooping cough can return to school with a Medical Note after completing 5 days of prescribed antibiotics, unless directed otherwise by DHEC or your school nurse.

When Your Child is Exposed to Serious Illnesses
DHEC and your school may recommend that your child be excluded when he or she is exposed to conditions such as Neisseria meningitidis or Whooping Cough / Pertussis. DHEC may also recommend antibiotics for close contacts to these diseases. Children who have not had all recommended immunizations and children who have immune system problems will be excluded if they are exposed to cases or outbreaks of Measles, Mumps, Rubella, Chicken Pox, or other conditions identified by DHEC. DHEC will work with your school to determine when it is safe for these children to return.