

Children with the following conditions do not have to be excluded from school, if they feel well enough to participate in regular school activities:

- Bronchitis
- Canker Sores
- Colds, without fever
- Cold Sores
- Croup
- CMV: Cytomegalovirus
- Ear Infection
- Fifth Disease
- Hand-Foot-and-Mouth Disease
- Illnesses from Tick Bites
- Lyme Disease
- Malaria
- Mononucleosis
- MRSA, if child is only a carrier
- Pinworms
- Pneumonia
- Rash without fever or behavior change
- Red eye without yellow or green discharge, fever or matting
- RSV: Respiratory Syncytial Virus
- Rocky Mountain Spotted Fever
- Roseola
- Thrush
- Urinary Tract Infection
- Warts, including molluscum contagiosum
- West Nile Virus
- Yeast Diaper Rash

Help your child stay healthy and ready to learn.

We hope that your child never has to miss school because of illness or disease. 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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School Exclusion List



1st — 12th Grades

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

Revised in August 2009

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.

Please keep your child home from school if he or she has one of the conditions or illnesses listed below. Call your child's school to let them know why your child is absent. Send the appropriate note when your child returns to school.

Chicken Pox / Varicella

Children with chicken pox may return with a **Parent Note** once all of the sores and blisters are dried/scabbed over, or if there are no scabs, until no new sores appear.

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, or until a doctor clears the child to return to school. Your child can return with a **Parent Note** when the diarrhea has stopped.
- ◆ Older children in **6th through 12th grades** with diarrhea do not have to stay home, unless they are spreading illness in the school setting, or have diarrhea with blood or mucus.
- ◆ Students of any age must have a **Medical Note** to return to school after having diarrhea that contains blood or mucus.
- ◆ Students who can use the restroom or whose stools are 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 the diarrhea continues after the child completes antibiotics for a diarrhea-causing illness.
- ◆ A medically fragile child or child who needs help with toileting may be excluded for fewer than 3 episodes if her condition makes it hard for her caretakers to maintain sanitary conditions in the classroom.

Diarrhea from *Campylobacter*, *E. Coli*, *Giardia*, *Rotavirus*, *Salmonella* or *Shigella*:

Students of any age are excluded for one of these infections. Your child may return to school with a medical note when:

- ◆ *Campylobacter*, *Rotavirus* & *Shigella* and most types of *Salmonella*: After diarrhea stops.
- ◆ *E. coli*: for the most severe type of *E. coli*, students of any age must be out of school until

School Exclusion List: A Quick Reference for Parents

the 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, earache, 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 to school.

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.
- ◆ Students in **6th through 12th grades** with Pinkeye do not have to stay home unless there is a recommendation from the health department or the child's healthcare provider.

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

- ◆ **1st – 5th graders** with **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**.
- ◆ **1st – 5th graders** with **ringworm of the body** may return with a **Parent Note** once they have begun oral or topical antifungal treatment, unless the affected area can be completely covered by clothing.
- ◆ Older students with ringworm of the head or body do not have to remain out of school unless they are spreading illness at school.

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” / Streptococcal 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.