



**VANGUARD K-12 ILLNESS POLICY
WHEN TO KEEP YOUR CHILD AT HOME FROM SCHOOL**

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There are four main reasons to keep sick children at home:

1. The child doesn't feel well enough to take part in normal school activities.
2. The child may be placing others at risk by spreading the infection and making them sick.
3. The illness is on this list and identifies the child as needing to stay home.
4. **The child has been tested for an illness or virus and the results are not back yet (up to 72 hours).**

We understand that missing even one day of school can be hard on both students and parents. However, teachers and staff will accommodate as best they can, and homework can be requested and made up. It is important that we stop the spread of infections and not affect the health of others in the process. The best way to prevent the spread of illness is isolation, proper hand washing and covering your coughs. **Remember to do the online I.C. attendance or call x 175.**

SYMPTOMS OR ILLNESS	CHILD MUST STAY HOME
MILD RESPIRATORY OR COLD SYMPTOMS Stuffy nose with clear drainage, sneezing, mild cough, mild sore throat.	No - may attend if able to take part in school activities. Keep home if symptoms will hinder him/her from learning. Cough drops may be brought to the Health Office.
COUGH or SHORTNESS OF BREATH New or Active Coughs, Productive Cough. New onset of shortness of breath. Children with asthma may go to school with a yearly asthma care plan and inhalers (as needed).	YES, STAY HOME - if severe, uncontrolled coughing or wheezing, rapid breathing, difficulty breathing or new onset shortness of breath. Seek Dr.: If having difficulty breathing or shortness of breath.
FEVER A fever is a temperature at or above 100.4°F. Anything above 99.5°F, plus another symptom means the body may be	YES, STAY HOME -for 24 hours after temp above 100.4°F. Needs to be 24 hours fever free without medication to control fever before returning to school. Seek Dr.: If above 104°F, any confusion or seizure, not waking, severe pain, neck stiffness or high fever for 5 days or more.
“FLU-LIKE” or “COVID-LIKE” SYMPTOMS Abrupt onset fever over 100.0°F with body aches or chills, headache, fatigue/weakness, vomiting, diarrhea, cough, sore throat, loss of taste or smell, rash or change in behavior. Confirmed/Diagnosed or FLU A or B, Covid-19 or other viral or bacterial illnesses should be reported to nurse.	YES, STAY HOME - for at least 24 hours after fever resolves plus 24 hour without the use of medicine that reduces the fever. Seek Dr.: same as above. ** Inform Nurse or Attendance Line of Positive results. This helps us track infections and outbreaks.
DIARRHEA Frequent loose or watery stools compared to the child's normal one's that are not caused by food or medicine. If student has chronic condition inform the school nurse.	YES, STAY HOME - for 24 hours after the last episode of diarrhea unless related to a chronic or known condition. May return if able to take part in school activities after 24hrs. Seek Dr.: Severe Diarrhea over 12 hrs., black or red stool, Signs of dehydration such as no urine in 6-8hrs.
VOMITING Throwing up 1 or more times in the past 24 hours that is not related to heavy activity or playing.	YES, STAY HOME - for 24 hours after vomiting stops or a doctor says symptoms are not contagious. Or if the child has a recent head injury. Seek Dr.: Vomiting repeatedly, or getting severely dehydrated, bloody.
RASH WITH FEVER Body rash without fever or behavior changes usually does not require staying home from school. However, walk into Health Office to check prior to class or get MD note.	YES, STAY HOME - and call their doctor. Any rash that spreads quickly, raised or blister like, is open or weeping and/or is not healing, should be evaluated by an MD. Get MD not to return to school. ** Inform School Nurse**
CHICKEN POX or MONKEY POX Chickenpox: Rash of raised blisters that are itchy usually	YES, STAY HOME - until the blisters have dried and crusted (usually 6 days). Seek Dr.: Rash that spreads quickly, has

starting on face, back and chest after fever 1-2 days prior. <u>Monkeypox</u> : Rash blisters broad, firm, pus-filled, non-itchy usually on face, palms, soles. 4-5 days after fever.	open, weeping wounds and/or is not healing. ** Report to School Nurse**
CONJUNCTIVITIS (pink eye) Pink color of eye, blood shot eye, lower lids very red, yellow to green discharge, crusty eye upon waking up.	No (bacterial or viral) - children do not need to stay home unless the child has a fever, behavioral changes or can't stop itching eyes. If given Antibiotics drops should be on drops 24 hours before returning to school. Seek Dr.: For advice and possible treatment.
CROUP / PARAINFLUENZA Loud barking cough, Heavy breathing, Hoarse voice.	No, however We recommend your child stays home for 48-72 hours from start of symptoms. ** Inform School Nurse ** Seek Dr.: For advice and treatment ASAP if any shortness of breath, difficulty breathing or chest pain.
FIFTH'S DISEASE/ SLAP CHEEK SYNDROME 1-4 days after fever, child gets red cheeks. Rash then moves to arms or chest. Child no longer infectious once rash starts but may still feel sick.	No - child is no longer contagious once rash appears. However, it is very itchy and may require medication permit for topical creams or Benadryl. ** Inform School Nurse **
HAND, FOOT & MOUTH DISEASE (Coxsackie virus) Starts with fever then blisters start in mouth, hands and feet. Stay home until mouth sores are gone, blisters start to dry.	No - unless the child has mouth sores, has a fever, is drooling, and/or is not able to take part in usual activities. ** Inform School Nurse **
HEAD LICE OR SCABIES	YES, STAY HOME - from end of the school day until after the first treatment/shampoo has been completed. If Adult Lice are seen, students will be sent home for treatment and rechecked before returning to school.
HERPES (Cold Sores)	No, unless - your child has open sores that can't be covered, or your child is drooling nonstop.
IMPETIAGO: Red sores or blisters on the face, nose, mouth, or hands and feet, sores rupture and ooze, honey-colored crust	YES, STAY HOME - your child needs to stay home until treatment has started. MD note to return. ** Inform School Nurse **
RINGWORM Fungal skin infection that causes a red or silvery ring-like rash on the skin. Spreads by contact.	YES, STAY HOME - from end of school until after your child starts treatment. Keep the area covered for the first 2 days of treatment. ** Inform School Nurse **
ROSELOA High fever over 103°F for 3 - 4 days. Rashes are flat pink spots, usually on chest, back and abdomen.	No - unless your child has a fever or behavior changes. <u>Must have Dr. Note documenting student can return to school.</u>
RSV (Respiratory Syncytial Virus)	No - your child can go to school unless he/she is not well enough to take part in usual activities and/or they have trouble breathing. Seek Dr for any concerns.
VACCINE PREVENTABLE DISEASES Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough), Hepatitis A,B	YES, STAY HOME - your child can return to school once the doctor says he/she is no longer contagious. ** Report to School Nurse **
YEAST/FUNGAL INFECTIONS Thrush or Candida	No - follow good hand washing and hygiene practices.

References: **How Sick is Too Sick?** Colorado Department of Health & Education. Illness Policy version 2022.

American Academy of Pediatrics, *Managing Infectious Diseases in Child Care and Schools*, 5th Edition, Jan 2020.

CDPHE. *Infectious Disease in Child Care Settings Guidelines for Schools and Child Care Providers*, Denver, CO, 2022.