

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

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**There are three 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. Due to COVID-19 please follow the stay at home symptoms.
4. The illness is on this list and identifies the child as needing to stay home.

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. Always remember, the best way to prevent the spread of infections is proper hand washing and effectively covering your coughs.

SYMPTOMS OR ILLNESS	CHILD MUST STAY HOME
<p><b>MILD RESPIRATORY OR COLD SYMPTOMS</b> Stuffy nose with clear drainage, sneezing, mild cough, mild sore throat.</p>	<p><b>No</b> - 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.</p>
<p><b>COUGH or SHORTNESS OF BREATH</b> New or Active Coughs, Productive Cough. New onset of shortness of breath. Children with asthma may go to school with a yearly health care plan.</p>	<p><b>YES, STAY HOME</b> - if severe, uncontrolled coughing or wheezing, rapid breathing, difficulty breathing or new onset shortness of breath. <i>Seek Dr.: If having difficulty breathing or shortness of breath.</i></p>
<p><b>FEVER</b> With behavior change or other symptoms of illness including cough, stomachache, headache, loss of taste or smell, chills, fatigue, sore throat, diarrhea, vomiting, stiff neck, rash, not eating, or difficulty breathing. A fever at or above 100.4°F. However, anything above 99.8°F means the body is starting to fight something off.</p>	<p><b>YES, STAY HOME</b> - for 24 hrs. after anything above 100.4°F <b>and or when</b> the child also has signs and symptoms of illness. <i>Seek Dr.: If above 104°F, any confusion or seizure, not waking, severe pain, or high fever for 5 days or more. Or has ANY signs or symptoms of COVID-19 with or without fever.</i></p>
<p><b>"FLU-LIKE" SYMPTOMS</b> Abrupt onset fever over 100.4°F with body aches or chills, headache, fatigue/weakness, vomiting, diarrhea and cough or sore throat. Confirmed/Diagnosed FLU.</p>	<p><b>YES, STAY HOME</b> - for at least 24 hours after fever (<b>without the use of medicine that reduces the fever</b>). And stay home until you have Dr. Note stating Flu or cold and ruled out for COVID-19. <i>Seek Dr.: same as above. ** Inform School Nurse **</i></p>
<p><b>DIARRHEA</b> Frequent loose or watery stools compared to the child's normal one's that are not caused by food or medicine.</p>	<p><b>YES, STAY HOME</b> - if child looks or acts sick; if child has diarrhea with fever; or vomiting; if child has diarrhea that is explosive; if child has diarrhea that's unusual color. <i>Seek Dr.: Severe Diarrhea over 12 hrs., black or red stool, Signs of dehydration such as no urine in 6-8hrs.</i></p>
<p><b>VOMITING</b> Throwing up 1 or more times in the past 24 hours that is not related heavy activity or playing.</p>	<p><b>YES, STAY HOME - 24 hrs.</b> after vomiting stops or a doctor says symptoms are not contagious. If the child has a recent head injury watch for other signs of illness and for dehydration. <i>Seek Dr.: Vomiting repeatedly, or getting severely dehydrated, bloody.</i></p>
<p><b>RASH WITH FEVER</b> Body rash <b>without</b> fever or behavior changes usually does not require staying home from school. <b>However, walk into Health Office to check prior to class</b> or call the doctor.</p>	<p><b>YES, STAY HOME - and call the doctor.</b> Any rash that spreads quickly, has open, weeping wounds and/or is not healing, should be evaluated.</p>
<p><b>STREP THROAT – Diagnosed.</b></p>	<p><b>YES, STAY HOME</b> - for 24 hrs. after starting antibiotics unless</p>

	the doctor provides a signed note stating that it is okay to return to school sooner. <b>** Inform School Nurse**</b>
SYMPTOMS OR ILLNESS	CHILD MUST STAY HOME
<b>CHICKEN POX</b>	<b>YES, STAY HOME</b> - until the blisters have dried and crusted (usually 6 days). <b>Seek Dr.: Rash that spreads quickly, has open, weeping wounds and/or is not healing, should be evaluated. ** Inform School Nurse**</b>
<b>CONJUNCTIVITIS (pink eye)</b> Pink color of eye, blood shot eye, lower lids very red, yellow to green discharge, crusty eye upon waking up.	<b>No</b> (bacterial or viral) - children do not need to stay home unless the child has a fever or behavioral changes (can't stop itching eyes). <b>Seek Dr.: For advice and possible treatment.</b>
<b>CROUP</b> Loud barking cough, Heavy breathing, Hoarse voice, High pitch cough ( <b>see Coughing</b> ).	<b>Seek Dr.: For advice and possible treatment.</b> <b>Note:</b> Your child may be able to go to school unless he/she is not well enough to take part in usual activities.
<b>FIFTH'S DISEASE/ SLAP CHEEK SYNDROME</b> 1-4 days after fever, child gets red cheeks. Rash then moves to arms or chest. Common virus.	<b>No</b> - child is no longer contagious once rash appears. However, it is very itchy and may require medication permit for topical creams or Benadryl. <b>** Inform School Nurse **</b>
<b>HAND, FOOT &amp; MOUTH DISEASE (Coxsackie virus)</b>	<b>No</b> - unless the child has mouth sores, has a fever, is drooling, and/or is not able to take part in usual activities. <b>** Inform School Nurse **</b>
<b>HEAD LICE OR SCABIES</b>	<b>YES, STAY HOME</b> - from end of the school day until after the first treatment/shampoo has been completed. <b>If Adult Lice are seen, student will be sent home for treatment and rechecked before returning to school.</b>
<b>HEPATITIS A</b>	<b>YES, STAY HOME</b> - One week after the illness starts and if your child is not able to take part in usual activities. <b>** Inform School Nurse **</b>
<b>HERPES (Cold Sores)</b>	<b>No, unless</b> - your child has open sores that can't be covered, or your child is drooling nonstop.
<b>IMPETIAGO:</b> Red sores or blisters on the face, nose, mouth, or hands and feet, sores rupture and ooze, honey-colored crust.	<b>YES, STAY HOME</b> - your child needs to stay home until treatment has started. <b>** Inform School Nurse **</b>
<b>RINGWORM</b> Fungal skin infection that causes a red or silvery ring-like rash on the skin. Spreads by contact.	<b>YES, STAY HOME</b> - from end of school until after your child starts treatment. Keep the area covered for the first 2 days of treatment. <b>** Inform School Nurse **</b>
<b>ROSELOA</b> High fever over 103°F for 3 - 4 days. Rashes are flat pink spots, usually on chest, back and abdomen.	<b>No</b> - unless your child has a fever or behavior changes. Must have Dr. Note documenting student can return to school.
<b>RSV (Respiratory Syncytial Virus)</b>	<b>No</b> - 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. <b>Call your doctor for advice.</b>
<b>VACCINE PREVENTABLE DISEASES</b> Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough).	<b>YES, STAY HOME</b> - your child can return to school once the doctor says he/she is no longer contagious. <b>** Inform School Nurse **</b>
<b>YEAST/FUNGAL INFECTIONS</b> Thrush or Candida	<b>No</b> - follow good hand washing and hygiene practices.

#### References

- American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. Caring for our children: National health and safety performance standards; Guidelines for early care and education programs. 3<sup>rd</sup> edition. Elk Grove Village, IL.
- American Academy of Pediatrics, *Managing Infectious Diseases in Child Care and Schools*, 3rd Edition, Jan 2020.
- Colorado Department of Public Health and Environment, Communicable Disease Epidemiology Program, *Infectious Disease in Child Care Settings: Guidelines for Schools and Child Care Providers*, Denver, CO, Jan 2020.