

# WHITEFIELD ACADEMY

## GENERAL EXCLUSION GUIDELINES FOR ILL CHILDREN/STAFF HEALTH HANDBOOK

Certain symptoms in children may suggest the presence of a communicable disease. Excluding an ill child may decrease the spread of the disease to others in childcare and school settings.

Recommended exclusion varies by the disease or infectious agent. Children with the symptoms listed below should be excluded from the childcare or school setting until symptoms improve; or a healthcare provider has determined that the child can return; or children can participate in routine activities without more staff supervision than usual.

### Exclude children with any of the following:

<b>Illness</b>	Unable to participate in routine activities or needs more care than can be provided by the childcare/school staff.
<b>Fever</b>	An elevation of body temperature above normal when accompanied by behavior changes, stiff neck, difficulty breathing, rash, sore throat, and/or other signs or symptoms of illness; or is unable to participate in routine activities. Measure temperature before giving medications to reduce fever. Axillary (armpit) temperature: 100 F or higher Oral temperature: 100 F or higher Ear temperatures are not recommended because of inconsistent and inaccurate results. Each manufacturer may have different temperature ranges, which makes setting standards difficult.
<b>Signs/Symptoms of Possible Severe Illness</b>	Exclusion: Until a healthcare provider has done an evaluation to rule out severe illness when the child is unusually tired, has uncontrolled coughing, unexplained irritability, persistent crying, difficulty breathing, wheezing, or other unusual signs for the child.
<b>Diarrhea</b>	Exclusion: Until diarrhea stops or until a medical exam indicates that it is not due to a communicable disease. Diarrhea is defined as an increased number of stools compared with a child's normal pattern, along with decreased stool form and/or stools that are watery, bloody, or contain mucus.
<b>Vomiting</b>	Exclusion: Vomiting two or more times in the previous 24 hours, unless determined to be caused by a non-communicable condition and the child is not in danger of dehydration. Must be symptom free 24 hours without medications.
<b>Mouth Sores with Drooling</b>	Exclusion: Until a medical exam indicates the child may return or until sores have healed.
<b>Rash with fever</b>	Exclusion: Until a medical exam indicates these symptoms are not those of communicable disease that requires exclusion.
<b>Eye Drainage</b>	Exclusion: When purulent (pus) drainage and/or fever or eye pain is present, or a medical exam indicates that a child may return.

## SPECIFIC DISEASE EXCLUSION GUIDELINES FOR SCHOOL/PRE-SCHOOL

### **Acute Bronchitis (Chest Cold) Bronchiolitis**

Exclusion: Until fever is gone, coughing has subsided, and child is well enough to participate in routine activities.

### **Chicken Pox**

Exclusion: Until all the blisters have dried into scabs, usually by day 6 after the rash began.

It takes 10-14 days after receiving the vaccine to develop immunity. Vaccine failure occasionally occurs. The incubation period is 10-21 days. Therefore, exclude children who:

- Appear to have chickenpox regardless of whether they have received the varicella vaccine, or
- Develop blisters within 10-21 days after vaccination.

Chickenpox can occur even if someone has had the varicella vaccine. These are referred to as "breakthrough infections" and are usually less severe and have an atypical presentation. Bumps rather than blisters may be present; therefore, scabs may not be present. These cases should be excluded until all bumps/blisters/scabs (sores) have faded and no new sores have occurred within a 24- hour period, whichever is later. Sores do not need to be completely resolved.

Although extremely rare, the vaccine virus has been transmitted to susceptible contacts by vaccine recipients who develop a rash following receiving the varicella vaccine, using the above criteria.

### **Conjunctivitis (pinkeye)**

**Purulent Conjunctivitis** (redness of eyes and/or eyelids with thick white or yellow eye discharge and eye pain):

Exclusion: Until examined by a healthcare provider and medication has been applied for 24 hours approved for readmission.

**Nonpurulent conjunctivitis** (redness of eyes with a clear, watery eye discharge but without fever, eye pain, or eyelid redness): None.

### **Croup**

Exclusion: Until fever is gone, and the child is well enough to participate in routine activities.

### **Diarrhea (Infectious)**

Bowel movements are looser and watery when compared to normal pattern and form.

Exclusion: Keep the child home until diarrhea has stopped and it has been 24 hours without medication since the last episode.

### **Enteroviral Infection**

Cold-like symptoms, sore throat, mouth sores, fever, rash, vomiting and diarrhea are the most common symptoms. Some may not have any symptoms.

<b>Enteroviral Infection cont'd</b>	Exclusion: May return when 24-hour symptom free (without medications) for vomiting and diarrhea and can resume normal activities.
<b>Fifth Disease (Parvovirus)</b>	<p>A rash illness caused by a virus. Your child may have a sore throat or low grade fever. A rash that causes very red cheeks (a slapped cheek look). The rash often begins on the cheeks and moves to the arms, upper body, buttocks, and legs. The rash looks very fine, lacy and pink. It usually fades in 3 to 7 days.</p> <p>Exclusion: Contagious until rash appears. No exclusion if other rash-causing illnesses are ruled out by a healthcare provider.</p>
<b>Giardiasis</b>	<p>An infection of the intestines caused by a parasite from drinking or eating contaminated food or beverages. Symptoms are:  Gas, stomach cramps, bloating, diarrhea, loss of appetite and weight loss.</p> <p>Exclusion: Children infected with Giardia who have symptoms should be excluded 24 hours after treatment has been started and diarrhea has stopped.</p>
<b>Hand, Foot and Mouth Disease</b>	<p>A viral infection that causes a blister-like rash involving the hands, and mouth.</p> <p>Exclusion: May return to school after fever is gone 24 hours without any medications and child is well enough to participate in routine activities.</p>
<b>Head Lice</b>	May return to school <b>24 hours after</b> the first treatment is completed and scalp/hair have been rechecked. The student <b>must be screened</b> by the Health Coordinator so that there are no live lice <b>OR</b> nits present. Whitefield has a <b>NO NIT Policy</b> for children to re-enter the classroom.
<b>Hepatitis A</b> (vaccine-preventable)	Consult with your healthcare provider or local metro department of health. Each situation must be looked at individually to decide if the person with Hep A can spread the virus to others.
<b>Hepatitis B</b> (vaccine-preventable)	No exclusion, UNLESS certain behavior warrants problems.
<b>Hepatitis C</b>	No exclusion, unless the hepatitis C infected child has oozing sores that cannot be covered or bleeding problems. Doctors must assess on a case-by-case basis.
<b>Herpes, Oral</b>	Primary infection: Until those children who do not have control of their oral secretions no longer have active sores inside the mouth. Recurrent infections (fever blisters and cold sores): None.
<b>HIV/Aids</b>	Notify school administration. Exclusion if a child with HIV infection has unusually aggressive behavior (e.g., biting) that cannot be controlled, oozing sores that cannot be covered or bleeding problems.

**Impetigo**

A contagious skin infection often occurring on the nose, arms or legs or around the mouth. Common in young children caused by streptococcus or staphylococcus bacteria.

Exclusion: If impetigo is confirmed by a healthcare provider, until 24 hours after treatment has been initiated and sores are drying or improving.

**Influenza**

Also known as, flu is a common contagious viral respiratory infection. Exclusion until fever is gone and child is well enough to participate in routine activities. **A doctor's note is required to return to school.**

**Measles**

(vaccine-preventable)

Exclusion is until 4 days after the rash appears. A child with measles does not attend **ANY ACTIVITIES** during this time period.

**Unvaccinated students and staff will be excluded within 72 hours of exposure for at least 2 weeks after the onset of rash in the last person who developed measles.**

**Meningococcal Disease**

(vaccine preventable at age 11)

A bacterial infection of the covering of the brain or spinal cord (meningitis) that requires prompt medical attention. Symptoms are:

fever, vomiting, headache, stiff neck, extreme sleepiness, confusion, irritability, and lack of appetite; sometimes a rash or seizure.

Exclusion from school: Until the child has been on appropriate antibiotics for at least 24 hours and is well enough to participate in routine activities.

**MRSA**

**Méticilline**

**Résistant**

**Staphylococcus Aureus**

Staph bacteria that is resistant to certain antibiotics. An area of skin that may be infected red and warm to touch. Examples include boils, impetigo, cellulitis and wound infections.

exclusion from school: If draining sores are present which cannot be completely contained with a clean, dry bandage or if the person cannot maintain good personal hygiene.

Children with draining sores should not participate in any activities where skin-to-skin contact is likely to occur until their sores are healed. This means **NO** contact sports.

Proof of treatment by a physician may be required for students to return to school.

**Molluscum Contagiosum**

A common skin infection that is caused by a virus. Most commonly, it affects children one to 10 years old and young adults.

Exclusion: Childcare and School: None. However, Whitefield Academy reserves the right to enforce that areas of molluscum breakouts be covered with a Band-Aid, gauze pad, watertight bandage, clothing etc. to reduce risk of transmission to other students, by accidentally scratching, Touching or picking at the area(s) and exposing other children and staff.

<b>Mononucleosis</b>	<p>A viral illness caused by the Epstein-Barr virus (EBV) commonly seen in high school and college aged students.</p> <p>Exclusion: None, if fever free and child can participate in normal activities. A doctor's note should accompany students with any restrictions.</p> <p>Sports: Contact sports should be avoided until the student is recovered fully and the spleen is no longer palpable.</p>
<b>Norovirus</b>	<p>Noroviruses cause gastroenteritis, an inflammation of the stomach and small and large intestine.</p> <p>Exclusion: Until diarrhea and vomiting have stopped. 24 hours symptom free without medication(s).</p>
<b>Pinworms</b>	<p>Small worms that live in the human intestine and crawl out at night to lay eggs in the anal area.</p> <p>Exclusion: Until the first dose of medication is given at time of diagnosis. A second dose is required in two weeks.</p>
<b>Pneumococcal Infection (vaccine-preventable)</b>	<p>A bacterial infection that can cause ear and lung infections.</p> <p>Exclusion: Until 24 hours of antibiotic treatment and child can resume normal activities.</p>
<b>Pneumonia</b>	<p>An inflammation of the lung(s) that can lead to a serious upper respiratory condition.</p> <p>Exclusion: Until fever free for 24 hours without medication and the child is well enough to participate in routine activities. A doctor's note should accompany students when returning to school.</p>
<b>Respiratory Infection (Viral)</b>	<p>Infections causing colds and viral respiratory illnesses with fever.</p> <p>Exclusion: Until fever free for 24 hours without medication and child is well enough to participate in normal activities.</p>
<b>Respiratory Syncytial Virus (RSV) Infection</b>	<p>A common viral respiratory illness that can affect persons of any age. It is most common in infants and children under 2 years of age.</p> <p>Exclusion: Until fever free for 24 hours without medication and child is well enough to participate in normal activities. A doctor's note should accompany students when returning to school.</p>
<b>Ringworm</b>	<p>A fungal infection of the body, scalp, or feet.</p> <p>Exclusion: Until treatment has been started or if the lesion cannot be Covered. If on the scalp, until 24 hours after treatment has started.</p>

Any child with ringworm should not participate in gym, swimming, and other close contact activities that are likely to expose others until 72 hours after treatment has begun or the lesions can be completely covered.

**Ringworm cont'd**

**Sports:** Follow the above protocol and health provider's recommendations.

**NOTE:** Different areas of the body with ringworm will have different treatment times and regimens that must be followed.

**Rotaviral Infection**

A viral intestinal infection causing episodes of diarrhea.

Exclusion: Until diarrhea has stopped 24 hours without any medications.

**Shigellosis**

A bacterial infection of the intestines causing diarrhea (may be watery, and or contain blood or mucus), stomach cramps, nausea, vomiting or fever.

Exclusion: 24 hours after treatment with antibiotics being started and diarrhea has stopped, and child can resume normal activities.

**Staph Skin Infections**

Skin and soft tissue infections caused by the staphylococcus aureus bacteria.

**Staph infection cont'd**

Exclusion: Yes, if draining sores cannot be completely covered and contained with a clean, dry bandage.

Avoid activities where skin-to-skin contact is likely to occur until sores are healed. This means NO contact sports.

**Strep Throat**

Streptococcal sore throat (strep throat) and a strep throat with a rash (scarlet fever) are caused by the streptococcus bacteria.

- Strep throat starts suddenly with fever, red sore throat, and swollen glands. Headache may occur. Nausea, abdominal pain, and vomiting may be more common in children.
- Scarlet fever is a very fine raised rash (feels like sandpaper) is present. Rash appears on neck, chest, elbow, and groin, and in the inner thigh and folds of the armpit.

Exclusion: Until 24 hours after antibiotic treatment begins and child is fever free 24 hours without medication. A doctor's note is required for a child to return to school.

Please note, not all childhood viruses and diseases could be listed in the handbook. Exclusion requirements for students/staff are subject to change as the administration sees fit for the well-being of the school and staff under the advisement of our local Health Department.