



Illness and Communicable Diseases Policy

A child should not come to school (and will be sent home from school) if they have or have had:

- a fever of 100 degrees F (orally) or higher in the past 24 hours WITHOUT fever-reducing medication
- vomiting or diarrhea in the past 24 hours
- untreated live head lice
- or if the child does not feel well enough to return to class

Please notify the school if your child has a contagious condition like chicken pox, strep throat or head lice; their privacy will be protected. If a communicable illness has been identified in the classroom, parents will be notified.

When a student has a confirmed case of a **reportable** illness they will be required to bring a note from a licensed physician (a note from a chiropractor will not be accepted) stating that they have been treated for the specific condition, the date the treatment was started, and that they are no longer contagious. After a confirmed case, students may be sent home if they are showing symptoms of the same illness. They should be tested and kept home until they are able to produce a doctor's note stating the test was negative or until they have been treated if the test is positive.

PERTUSSIS (WHOOPIING COUGH) Must be Reported to the MN Health Department

Pertussis, or whooping cough, is a disease caused by a bacteria that affects the lungs. Pertussis is spread through the air in droplets produced during coughing or sneezing. A person with pertussis develops a severe cough that usually lasts four to six weeks or longer. Pertussis can be very serious, especially in infants.

MEASLES (RUBEOLA) Must be Reported to the MN Health Department

Measles is a highly contagious respiratory disease caused by a virus. It spreads through the air through coughing and sneezing. Measles starts with a fever, runny nose, cough, red eyes, and sore throat, and is followed by a rash that spreads all over the body. The rash usually begins at the hairline, moves to the face and upper neck and then down the body. About three out of 10 people who get measles will develop one or more complications including pneumonia, ear infections, or diarrhea.

INFLUENZA Must be Reported to the MN Health Department

Influenza (flu) is a respiratory disease caused by a virus that attacks the nose, throat, and lungs. Flu symptoms include fever, dry cough, sore throat, headache, extreme tiredness, and body aches. These symptoms come on quickly and can be bad enough to keep you in bed for several days. If you believe your child has the flu please keep them home. If your student experiences symptoms that interfere with their learning or become distracting to the class they may be sent home.

NATURAL SCIENCE
ACADEMY



CHICKEN POX

Students with chicken pox should not come to school until all of their spots have crusted over. If your child does have chicken pox, please let the school health office know so they can notify classmates. Students in kindergarten must show that they have had 2 doses of vaccine for chicken pox (varicella) or have had the disease, or are exempt.

COMMON COLD

Children with severe cold symptoms (frequent coughing, runny nose) have a hard time concentrating in school. They can spread the cold to other students and staff and should probably stay home. Remember that washing your hands a lot and covering your cough or sneeze is the best way to stop the spread of common germs.

DIARRHEA (INFECTIOUS)

Diarrhea is often a symptom of infection caused by germs such as bacteria, parasites, or viruses. A child with infectious diarrhea may have stools that are loose and runny compared to normal and may contain blood and/or mucus in the stool. Other symptoms may include a stomach ache, vomiting, and fever. Diarrhea can lead to dehydration, especially in small children. Good hand washing is key in preventing the spread of infectious diarrhea. Children who are not feeling well and/or needing to use the bathroom frequently should be kept home.

HEAD LICE

Occasionally during the school year, children become infested with head lice. Lice are communicable but do not spread disease. Anyone can get head lice, but they are often commonly spread by younger children who have more head to head contact. Sleep overs are another common setting in which head lice can be spread. Check your child's head frequently throughout the year. The most important part of getting rid of head lice is to make sure all of the nits or eggs are removed before they have a chance to hatch.

STREP INFECTIONS

Streptococcal sore throat (strep throat) and scarlet fever (a strep infection with a rash) are common infections in young children. Symptoms of strep throat often include a fever, red sore throat, and swollen glands. Headache, nausea, and stomach pain may also be more common in children. A throat culture for strep is the only way to confirm and distinguish from a viral sore throat. If your child has been cultured, please keep him/her home until you know the results of the culture, which may be 24 hours. If your child is positive for strep, they must be on antibiotics for 24 hours and fever free before they can return to school.