

LCSD#2

Illness Guidelines for When to Stay Home from School

There are four main reasons for sick persons to stay at home:

1. The person doesn't feel well enough to take part in normal activities. For example, the person is overly tired, fussy, or unable to participate in expected activities.
2. The person needs more care than teachers and staff can give while still caring for others.
3. The illness is on this list and staying home is recommended.
4. Lincoln County School District #2 reserves the right to send a person home at any time.

*****Remember, the best way to stop the spread of infection is through good hand washing (20 seconds with soap and water) and covering coughs and sneezes into elbow or tissue.*****

Symptom / Illness	Can the person be in school?
Fever 100.4°F and higher	No , not permitted to be present in school facilities Person may return when fever-free for 24 hours WITHOUT the use of fever reducing medication (Tylenol, Ibuprofen, Cold Medications, etc) or with a clearance note from a medical provider.
Fever 99.0°F - 100.3°F	No , if fever is 99.0°F -100.3°F <u>AND</u> one of the following symptoms: <ol style="list-style-type: none">1. New or worsening shortness of breath or difficulty breathing not caused by another medical condition2. New or worsening cough3. Lack of smell or taste4. Unusual tiredness5. Chills / night sweats6. Sore throat7. Muscle pain8. New or worsening headache9. Nausea or vomiting10. Diarrhea11. Exposure to a confirmed case of COVID19 No, A low-grade fever accompanied by a rash, sore throat, vomiting, diarrhea, behavior changes, stiff neck, difficulty breathing, etc. (*)Seek Medical Care Person may return when fever-free for 24 hours WITHOUT the use of fever reducing medication (Tylenol, Ibuprofen, Cold Medications, etc) or with a clearance note from a medical provider.
COVID 19 Positive Test	No , Persons who have tested positive for COVID-19: stay home. Persons in this category will be permitted to return to school as directed by Public Health

Symptom / Illness	Can the person be in school?
<p>COVID 19 Symptoms AND Exposure</p>	<p>Part I No, Persons who exhibit any of the above symptoms AND had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19:</p> <ol style="list-style-type: none"> 1. Stay home - see above "Symptoms associated with COVID-19" 2. Recommended to seek an evaluation from medical provider and possible testing for COVID 19 <p>(*)Seek Medical Care</p> <p>Please refer to Lincoln County Public Health, Wyoming Department of Health, and the CDC for the most current information on COVID-19</p> <p>Part II If Public Health determines that your student has direct contact, they may order your student to quarantine and will be permitted to return to school as directed by Public Health.</p> <p>Part III Students who have symptoms of COVID 19 AND possible exposure to a confirmed case, but who choose not to be tested, and are not under a Public Health Order will be permitted to return to school once the following 3 criteria are met:</p> <p style="text-align: center;">You can be around others after:</p> <ol style="list-style-type: none"> 1. 10 days since symptoms first appeared and 2. 24 hours WITHOUT the use of fever reducing medication and 3. Other respiratory symptoms are improving <p>Please refer to Lincoln County Public Health, Wyoming Department of Health, and the CDC for the most current information on COVID-19</p>
<p>Flu-like symptoms Fever over 99.1°F with a cough or sore throat. Other flu symptoms can include tiredness, body aches, vomiting, and diarrhea.</p>	<p>No, for at least 24 hours after the fever is gone, WITHOUT the use of fever reducing medication (Tylenol, Ibuprofen, Cold Medications, etc) or with clearance note from a medical provider. (*)Seek Medical Care</p>
<p>Diarrhea Frequent, loose, or watery stools compared to a person's normal stools that are not caused by food or medicine.</p>	<p>No, if person looks or acts sick; if person has diarrhea with fever and isn't acting normal; if person has diarrhea with vomiting; if person has diarrhea that overflows the diaper or the toilet. (*)Seek Medical Care</p> <p>Additional general guideline: Person should stay home until diarrhea stops for 24 hours WITHOUT the use of antidiarrheal medication (Imodium, Pepto Bismol, etc).</p>

Symptom / Illness	Can the person be in school?
Coughing	No, if severe or sudden onset. (*)Seek Medical Care for uncontrolled coughing or wheezing, rapid or difficulty breathing. Note: Persons with asthma or allergies may go to school with a written health care plan.
Mild respiratory or cold symptoms Stuffy nose with drainage, sneezing, mild cough	No, if severe or sudden onset. (*)Seek Medical Care for uncontrolled coughing or wheezing, rapid or difficulty breathing. Note: Persons with asthma or allergies may go to school with a written health care plan.
Allergies	Yes , a person may attend if they are able to take part in school activities. Person must stay home if the symptoms are severe. This includes fever and the person is not acting normally and/or has trouble breathing. (*)Seek Medical Care
Strep Throat	No, for 24 hours after starting antibiotics <u>and</u> the person is able to take part in usual activities. Persons may return to school sooner with a clearance note from a medical provider.
Rash with Fever <u>Note</u> : Body rash <u>without</u> fever or behavior changes usually does not need to stay home from school, call the doctor	No, (*)Seek Medical Care : Rash with fever. Any rash that spreads quickly, has open, oozing wounds and/or is not healing should be evaluated. Yes , Rash <u>without</u> fever. A body rash without a fever or behavior changes usually does not need to stay home from school. You can call your provider for advice.
Vomiting/Throwing up Throwing up two or more times in the past 24 hours	No, Stay home until vomiting has stopped for 24 hours or with a clearance note from the medical provider. (*)Seek Medical Care If a person has a recent head injury OR other behavioral changes.
Concussion	No, (*)Seek Medical Care. Student may return to school once symptoms have resolved or with a clearance note from a medical provider. If symptoms worsen, student is advised to cut back on activity until it is tolerated. Student will be excluded from physical activities for a minimum of 5 days, unless a clearance note from a medical provider is provided. Student will meet with school nurse daily until symptoms resolve.
Eye infection, Conjunctivitis (pink eye) Pink color of eye AND thick yellow/green discharge	Yes (bacterial or viral) , Persons do NOT need to be kept home for pink eye, unless recommended by a medical provider. No, Person has a fever, severe eye pain, purulent drainage, behavior changes, or cannot keep hands away from eyes. Consult a medical provider for diagnosis and possible treatment.
Chicken Pox	No , until the blisters have dried and crusted (usually 6 days).
Fifth's Disease	Yes , Persons are no longer contagious, once rash appears.

Symptom / Illness	Can the person be in school?
Hand Foot and Mouth Disease (Coxsackie virus)	Yes , if blisters are dried and crusted and no fever. No, if fever and weeping blisters, the person has mouth sores, is drooling and can't take part in usual activities.
Norovirus	No , until 24 hours after last diarrhea/vomiting or with a clearance note from a medical provider.
Vaccine Preventable Diseases Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough), Varicella (Chicken Pox), Polio, Hepatitis B, Tetanus and Diphtheria	No, persons can return to school with a clearance note from a medical provider. Note: If there is a disease outbreak at school, all vaccine exempt persons may be excluded during the active outbreak per WY state guidelines.
Hepatitis A	No, until 1 week after the illness starts and when the person can take part in usual activities.
Herpes	Yes, unless the person has open sores that can't be covered, or person is drooling uncontrollably.
Impetigo	No (*)Seek Medical Care , persons need to stay home until 24 hours after treatment has started.
Ringworm	No (*)Seek Medical Care , from the end of the school day until after starting treatment. Keep the area covered for the first 2 days.
Mouth sores	Yes, unless there is uncontrolled drooling or open sores.
Stomach ache	Yes, if mild No, if accompanied by other symptoms such as vomiting, fever, diarrhea (*)Seek Medical Care , if severe, if pain appears to be from injury, or if jaundice, etc. Persons may return to school after 24 hours with no symptoms or with a clearance note from a medical provider.
Been hospitalized	Yes , with a clearance note from a medical provider. . Please bring a note from the medical provider and give it to the school nurse with instructions of any limitations for the person returning to full activity.
Head Lice or Scabies	No , - from the end of the school day until after first treatment.
Croup (SEE COUGHING)	(*)Seek Medical Care
Roseola	No (*)Seek Medical Care , if the person has a fever and rash
RSV (Respiratory Syncytial Virus)	No (*)Seek Medical Care , - RSV spreads quickly through classrooms
Yeast Infections Including thrush or Candida diaper rash	Yes – follow good hand washing and hygiene practices

This information is intended for educational purposes only. It is not intended to take the place of your personal healthcare provider's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

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