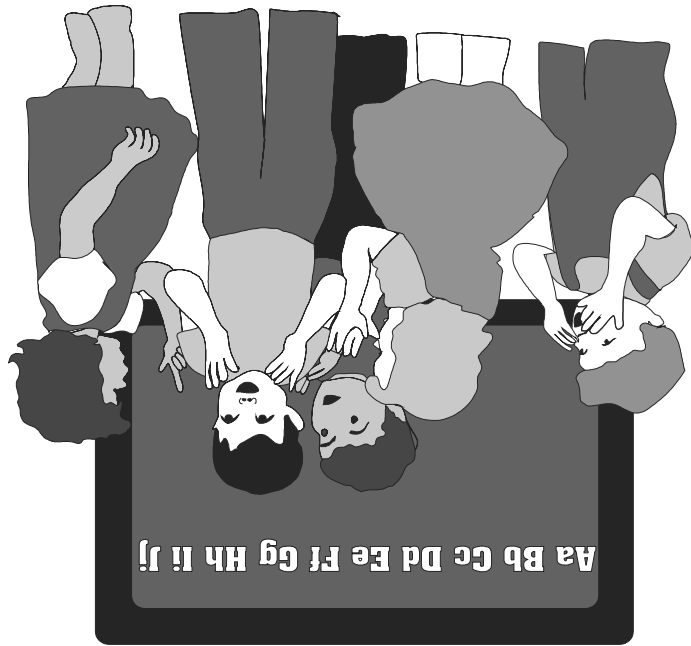


Disease & Incubation period	How the disease is spread	Early signs	Those In Contact With Ill or Infected Person	Return to school
Chickenpox 2-3 weeks	Secretions from nose and throat; discharges from skin lesions;	Mild fever at time of eruption, lesions may look like water blisters or pimples	Exclude with first signs of illness	When lesions are dry and crusted, not longer than 10 days after eruption first appears. Scabs are not infectious.
Common Cold 1/2 - 5 days	Direct contact, secretions of nose and throat	Running nose, watery eyes, slight fever, feels "bad"	Exclude with first signs of illness	Minimum of 3 days
Fifth Disease or Erythema infectiosum 4-20 days	Personal contact by droplet spread	Usually lace-like rash (slapped cheek appearance) which may spread to the extremities and trunk. Fades but may reappear in 1-3 weeks.	With first sign of symptoms, have parents check with physician to rule out other rash illnesses	Children who feel well need not be excluded from school upon recommendation from their physician*
German Measles (Rubella) 14-21 days	Secretions of nose and throat	Mild symptoms of head cold for 1-2 days followed by rash on face and body	Exclude with first signs of illness	Exclude until 7 days after rash onset
Impetigo Variable, Commonly 4-10 days	Discharge from lesions	Blister appearing sores on the skin, usually around nose or mouth	Exclude with first signs of illness	After 24 hours of treatment.
Influenza 1-3 days	Discharge from nose and throat	Fever, headache, cough, muscle aches and sore throat	Exclude with first signs of illness	After the fever is gone and child is recovered, minimum of 3 days
Hepatitis A 15-50 days Average 30 days	Contaminated food and water, items and feces from infected person	Fever, tiredness, lack of appetite, nausea, yellowish skin	Exclude with first signs of illness. Household contacts should have medical care	Written approval from physician with statement on any limitation of activity
Measles (Rubeola) 10-15 days	Excretions from nose and throat	Moderate fever, puffy watering eyes. 1-2 days later rash appears on skin.	Children not immunized shall be excluded from school and contact with others for 14 days after exposure	Upon recovery with minimum of 7 days
Molluscum Contagiosum	Direct skin contact or contact with objects in contact with lesions	Painless, wart-like lesion on skin may have white core or dent in center	Exclude from activities that require skin to skin contact such as wrestling	No need to exclude from school/day care
Mumps 15-18 days (range 14-25)	Excretions from nose and throat	Swelling of glands in neck below and in front of ears with fever	Children not immunized shall be excluded from school and contact with others for 14 days after exposure	When temperature is normal and swelling is gone
Pediculosis (head lice) variable	Infected persons	Lice and nits in the hair	Observe daily. Check household members	Exclusion is not necessary
Pink Eye (eye infection with drainage) 2-5 days	Discharge from eyes and nose	Red eyes and eye lids with discharge	Observe daily. Exclude with first signs of illness	After 24 hours of treatment or upon recovery
Pinworm	Ingesting eggs; from hands to mouth	Anal itching, disturbed sleep, irritability	Frequent handwashing by contacts. Keep fingers out of mouth	After treatment prescribed by physician*
Ringworm of skin (4-10 days) Ringworm of scalp (10-14 days) scalp	Direct contact with infected articles. Personal contact. Direct contact with puppies or kittens who have it.	Circular patches of dry skin on any part of body and/or scalp	Inspect skin for evidence of infection	As directed by a physician*. Exclusion from showers and pools. Griseofulvin by mouth for scalp or topical cream for skin rash. After 24 hours of treatment.
Scabies 2-6 weeks	Close contact with source	Pimple or blister-like lesions & tiny burrows with extreme itching	Exclude with first signs of illness	After treatment prescribed by a physician*
Scarlet Fever/Scarletina/Strep Sore Throat 1-5 days	Discharge from upper respiratory tract of cases and carriers	Sudden onset, usually with fever, sore throat, vomiting and headache	Exclude with first signs of illness	Upon recovery when signs of illness are completely gone, and under antibiotic treatment for 24 hours
Shingles (Herpes Zoster) 2-3 weeks	Shingles are not passed from person to person; they only occur in people who have had chickenpox. However, shingles can cause chickenpox in someone exposed to them who has never had chickenpox	Painful small waterlike blisters in groups on the skin along nerve pathways	Exclude with first signs of illness	When lesions are dry and crusted, at least 1 week after first eruption
Whooping Cough (Pertussis) 7-21 days	Discharge from nose and throat	Begins as irritating cough, becoming more persistent and worse at night with vomiting	Children not immunized shall be excluded from school and contact with others for 14 days after exposure	Until cases have received 5 days of a minimum 14-day course of appropriate antibiotics

# Know When to Keep Your Child Home



Protect your child by getting all the necessary immunizations.  
We offer shots for children. Call for more information.



The Genesee County Health Department  
630 S. Saginaw St.  
Downtown Flint  
(810) 257- 3612  
[www.gchd.us](http://www.gchd.us)

*Better Life Through Better Health*

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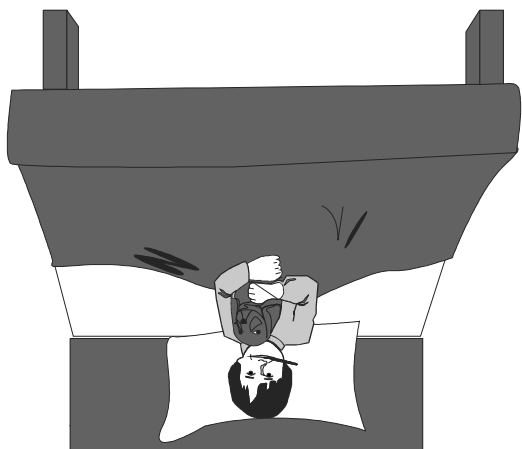
Signs of Illness to Watch For:		
Skin rash	Fever	Chills
Flushed face	Runny nose	Cough
Vomiting/Diarrhea	Sore throat	Headache

The law requires the school to send home children who are sick.  
With the first sign of illness, put your child to bed and call your doctor for instructions. Notify the school that your child is sick.

Children who go to school while sick endanger the health of their classmates.  
A sick child does not learn as well at school.

When your child begins to show signs of illness, please cooperate with your school and health department by keeping your child at home.

Children need to stay at home when they begin to show signs of illness.  
Staying at home and in bed at the first signs of illness will help to shorten the length of the illness.



**Remember...**