

Shelton Public Schools
Health Services

In order to be able to control communicable diseases in school, it is important to keep your child home when sick. This not only benefits your child but other children and staff in the classroom at school. Use the guidelines listed below should your child become sick, and do not hesitate to seek the advice of your healthcare provider.

When a student is absent please let the office know the reason so symptoms can be monitored in the classroom.

Shelton Public Schools follows the CDC recommendations for communicable diseases in schools. Once a communicable disease has been confirmed, a letter to parents/guardians will be sent home to the class room or entire school at the discretion of the administrator.

For the safety of staff and students, each school reserves the right to modify the procedures and guidelines listed below. If your child has been diagnosed with a disease/illness not listed below please follow your healthcare provider's recommendation, when to return to school along with a Doctor's note.

Fever: Any child with a fever above 100.4°F must stay home at least **24 hours after their fever is gone, without using fever-reducing medications** like acetaminophen or ibuprofen; Student with flu-like symptoms must stay home regardless of whether or not they are using antiviral drugs as the CDC recommends.

Cold Symptoms: such as sore throat, runny nose or persistent cough. Any or all of these may also be the early stages of a contagious illness. He/she may be uncomfortable sitting in class all day with these symptoms. Please keep child at home for rest and observe.

Cough: Please keep student home from school If the cough cannot be silenced or they have a productive cough.

Temperature: If a student has a temperature in the morning (100.4 degrees F or higher) it may become elevated during the course of the day. A student who has had a temperature at home should not come to school until the child is fever free for at least 24 hours without the need of medication.

Headache: Be sure your child does not have an elevated temperature if he/she complains of a headache at home. If temperature is elevated keep him/her home.

Earache: With or without an elevated temp may indicate an infection. The school nurse can check for inflammation and drainage, but cannot diagnose an ear infection; therefore, the child may be referred to a physician for further evaluation. Most children with earaches without temperature can stay at school.

Vomiting and or Diarrhea: Occasionally, students are sent to school after vomiting or having diarrhea the evening before or during the night. The student should not have had any episodes of diarrhea or vomiting for 24 hours before returning to school.

Rash: Unless it is a known allergy or eczema, consult with your physician before sending your child to school. Please send in a note to the school nurse in regards to any rash and the physicians findings.

Eye infection: May be highly contagious, therefore, consult with your physician before sending your child back to school and they have been on medication for at least 24 hours.

Excused from recess or gym: A physician note is required for a student to be excused for gym or recess. Please send the note to the school nurse with the reason for the excuse, length of time to be excused and the date he/she is able to return to recess or gym.

Chicken Pox: Exclusion for at least 5 days from appearance of first eruptions of vesicles, or the disappearance of drying up of vesicles on exposed parts of the body. (This includes students who have been immunized with the Varicella)

Shingles: Exclusion until localized rash is drying up on exposed parts of the body or until 24 hours after treatment is initiated by a physician and an MD note. (This includes students who have been immunized with the Varicella Vaccine)

German Measles (Rubella): Exclusion for 7 days from the appearance of rash.

Measles: Exclusion for 5 days after the appearance of rash. Student is not to return to school until the rash is gone from exposed parts of the body.

Impetigo: Exclusion until treatment is initiated by a physician or until infected area is dry. Widespread impetigo requires a note from the physician for readmission to school.

Ringworm: Exclusion until treatment is initiated by a physician or until infected areas are dry.

Scabies: If scabies is suspected, your child may be sent home and referred to a medical professional for diagnosis. They may not return to school until treated and released by doctor.

Streptococcus (strep throat, scarlet fever): exclusion until 24 hours after treatment has been initiated by a physician.

Whooping Cough (Pertussis): Exclusions for 7 days to 3 weeks, depending on cough. A note from the physician is required for readmission to school.

Conjunctivitis (Pink Eye): Exclusion for 24 hours after treatment has been initiated by a physician and until purulent drainage is absent.

Lice: Exclusion and no nits policy; students showing signs of lice are sent home for treatment and cannot return to school until all lice have been removed. The student must see the school nurse before returning to the classroom. The school nurse will check the class of a student who is found to have lice while in school.

Fifth Disease: A mild rash caused by a virus. Flu like symptoms, mild but contagious. Red Rash (Slapped Cheek look) occurs when contagious period is past. Student may return to school with confirmed diagnosis by a physician.

Coxsackie (Hand foot mouth disease): Exclusion for 7 days or until mouth sores (lesions) are healed and respiratory symptoms are resolved. Student may return to school with confirmed diagnosis by a physician.