

Addendum D: Guidelines for Common Illnesses

ILLNESS	INCUBATION PERIOD	MODE OF TRANSMISSION	RESTRICT FROM SCHOOL?	RETURN TO SCHOOL	PREVENTION OF TRANSMISSION
Temperature over 100°			YES	Once fever free for 24 hours without fever reducing medications	Handwashing and dependent on underlying cause
Vomiting and/or diarrhea			YES	Once it has been 48 hours since last episode of vomiting and/or diarrhea	Handwashing
Common Cold	12 hours to 5 days	Respiratory tract, droplets, indirectly by contaminated hands or surfaces	NO	N/A	Hand washing, covering nose and mouth when sneezing or coughing
Conjunctivitis (pink eye)	24-48 hours	Contact with discharge from eyes	YES	24 hours after the start of antibiotic therapy	Treatment of the affected eye, hand washing, disinfecting contaminated surfaces, avoid contact with eye drainage
Influenza	24-72 hours	Droplets, Respiratory tract	YES	When fever and symptom free for 24 hours without Fever reducing meds	Good hand washing, covering nose and mouth when sneezing or coughing, Immunization unless contraindicated
Head Lice (Pediculosis)	7 days for eggs to hatch.	Direct contact with infested person is most common	YES	24 hours after application of effective pediculicide; no live lice present	Avoid head to head contact; do not share clothing, hats, combs/brushes, or towels.
Chickenpox (Varicella)	From 2-3 weeks; commonly 14-16 days	Person to person by direct contact, droplet, or airborne spread of secretions	YES	After all vesicles become dry/crusty	Avoiding contact with infected person; covering coughs and sneezes. Immunization unless contraindicated.
Rash			YES	Once evaluated and cleared to return to school by physician	Avoiding contact with the affected person
Strep Throat		Person to person contact	YES	24 hours after beginning antibiotic therapy	Avoiding contact with the affected person