

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 24 hours since the 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, avoiding 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 an infected person is most common | YES | 24 hours after the 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 an infected person; covering coughs and sneezes. Immunization unless contraindicated. |
| Rash | | | YES | Once evaluated and cleared to return to school by a 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 |