

# Preventing the Spread of Infectious Disease



Keeping sick children at home helps to prevent the spread of disease. In addition, doctors can provide needed medical care. The following guidelines may be helpful when determining if a child is well enough to return to school.

Signs and Symptoms Of Illness	Helpful Hints	When It Is OK To Return to School
Fever: 100° or Higher	Observe closely, fever means some type of illness. If fever continues, get medical care.	No fever for 24 hours and child feels ok.
Green or Yellow Drainage from Nose	Drainage is usually a sign of infection. Medical care may be needed.	After drainage clears and child has felt OK for 24 hours.
Diarrhea, Vomiting	Observe closely for serious illness. Frequent diarrhea and vomiting may cause dehydration. Medical care may be needed.	After diarrhea/vomiting have stopped for 24 hours. Child now feels OK and can eat without stomach upset.
Ear Ache or Drainage, Sore Throat	Ear drainage and sore throat may require antibiotics. Check with your doctor.	Child has been on antibiotics for 24 hours and now feels OK.
Red, Watery Eyes	Consider possibility of Pink Eye and get medical help. Antibiotic eye medication may be needed.	When prescribed medication has been started, and eyes are not watery or sensitive to light.
Rash	Rashes may occur with many infectious diseases. See doctor for medical diagnosis. Special tests and treatment may be needed.	When the infectious time period is over. This varies from 4 days to 2 weeks or more. Your doctor will advise you - or - Doctor determines rash is not a result of infectious disease.

**Parents: Please remind your children how to prevent the spread of disease.**

- Wash hands before eating and after using the toilet.
- Use your own combs, nail files, etc.
- Cover coughs and sneezes.
- Eat food only from your own plate.

