








CHARLESTON SCHOOL HEALTH SERVICES

The following are guidelines established by the School Health Office in accordance with recommendations of the Illinois Department of Public Health. Parents should exclude and readmit children according to these guidelines. This guide is to help parents with decisions about when to keep children home for most common illnesses seen at schools. Please contact the CUSD#1 School Nurse at (217) 639-5017 with any questions or concerns.

I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITTING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEADLICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100.4° or higher	Within the past 24 hours	Within the past 24 hours	Body rash accompanied with itching or fever	Itchy head, active head lice	Redness, itching, and /or drainage from eye	Hospital stay and/or ER visit

*CHILD SHOULD STAY HOME IF ILLNESS PREVENTS THEM FROM PARTICIPATING COMFORTABLY IN SCHOOL ACTIVITIES.



I AM OK TO RETURN WHEN...

No fever without the use of medicine for 24 hours	No vomiting for at least 24 hours	No diarrhea for at least 24 hours	No rash, itching, or fever or cleared by Dr if needed	Treated appropriately at home/no active lice	No Symptoms /Antibiotic drops given for 24 hours	Released by Dr. to return to school
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COMMON ILLNESSES & SYMPTOMS

COMMON COLD/ Viral Respiratory Illnesses	Runny nose, watery eyes, fatigue., coughing, and sneezing. May or may not have fever. Cases need not be excluded from school unless fever present or child not able to participate comfortably in school activities.
INFLUENZA	Sudden onset of fever, chills, headache, malaise, body aches, and nonproductive cough. Exclude till fever free for 24 hours without the use of fever reducing medication.
COVID-19/CORONAVIRUS	Fever (100.4°F or higher), new onset of moderate to severe persistent headache, shortness of breath, new cough, sore throat, vomiting, diarrhea, new loss of sense of taste or smell. _____
GASTROENTERITIS/STOMACH FLU	Sudden onset of vomiting/diarrhea, may or may not have fever. Return once symptom free for 24 hours
SCARLET FEVER/ SCARLETINA/ STREP THROAT	Fever, sore throat, rash. Exclude case from school until 24 hours after treatment begins; readmit provided fever free 24 hours without use of fever reducing medication.
HAND, FOOT, AND MOUTH	In general, most infected children do not need to be excluded unless weeping lesions and fever are present then exclude till symptoms are resolved.
IMPETIGO	Exclude case from school until 24 hours after treatment begins (antibiotic.) Lesion must be covered by a bandage or clothing while at School
RINGWORM	Exclude until treatment has begun; area must be covered by bandage or clothing at school.
SCABIES	Exclude case from school for 24 hours after treatment

TIPS FOR KEEPING HEALTHY

WASH HANDS FREQUENTLY	OPEN WINDOW /FRESH AIR	CLEAN / SANITIZE	UP TO DATE ON IMMUNIZATIONS	DO NOT SHARE PERSONAL ITEMS	COVER YOUR COUGH	KEEP SICK CHILDREN HOME
