

## CISD HEALTH EXCLUSION FROM SCHOOL

It is the goal of CISD Health services to provide an environment that is as conducive to learning and health as possible. In order to provide this type of environment, it is necessary to use the following guidelines before sending your student to school.

Keep your student at home if they exhibit the following symptoms:

- Fever of 100 degrees or more
- Vomiting or diarrhea
- Persistent cough
- Any rash
- Open or draining lesions
- Inflamed, itchy, and/or draining eyes
- Presence of live lice or nits in the hair
- Suffering from a reportable disease, as defined by the Texas Board of Health
- Undiagnosed scaly patches on the body or scalp
- Intense itching with open lesions

A student may return to school after being excluded for a communicable disease by submitting a physician's note stating that the student does not currently have signs or symptoms of a communicable disease or that the disease is not communicable in a school setting. The criteria for exclusion and re-admission for communicable conditions can be found at:

Texas Administrative Code:  
<http://tinyurl.com/TexasAdministrativeCode>

Carroll ISD School Board Policy:  
<http://tinyurl.com/CISDBoardPolicy>

**Fever** If your student has a temperature of 100 or greater, please keep them at home. If your student experiences high fever please allow them to stay at home until they have been fever free for 24 hours without fever reducing medications. Students will be sent home if they present with 100 degrees or more of temperature

**Vomiting** Please allow your student to stay at home if they vomit during the night or in the morning before school.

**Diarrhea** Episodes of diarrhea, whether infectious or non-infectious, are a source of Escherichia Coli which could be transmitted quickly and with consequences in a communal environment. An isolated incident, that is properly maintained and contained, and is not recurring, could allow a student to remain in a classroom setting. The student should not exhibit any other symptoms or present with an elevated temperature in order to remain in school. However, when a student experiences multiple episodes of diarrhea, there are health concerns which exist for the student, classmates, and the caregivers. When such instances occur, the parents of the student will be asked to keep their student at home until he/she is without further episodes for 24 hours.

**Bacterial Infections** If your student has been prescribed an antibiotic for illnesses such as strep or “pink eye,” please allow them to complete 24 hours of antibiotic treatment before returning to school.

**Conjunctivitis “Pink eye”** Both “pink eye” and allergic conjunctivitis present with red itchy, watery eyes. However, when a bacterial infection is present, the eyelids are often swollen and red; the discharge is purulent and causes a crust to form during the night. A person will often complain of itching, burning, and pain. When these symptoms are present, the student must be excluded from school until the condition has been under a physician's treatment for 12-24 hours. The eye must not be patched. It is advised that bed linens be changed and washed in hot water.

**Scabies** Scabies is a skin disease caused by a mite that is so small that you cannot see it without using a microscope. The main signs of Scabies are itching and rash, usually on the elbows, knees, fingers and toe webs. It is passed between persons by long or frequent skin-to-skin contact. Treatment requires the entire family to apply a topical medication over the entire body one night, followed by a second treatment in seven days. Following each treatment, the medication must be washed off in the shower and all bed linens washed. It may take several weeks for the rash to disappear, but itching should subside within a few days.

**Strep Throat** Strep throat will often present as a severe sore throat not preceded by nasal drainage. It is common for the individual to have a high fever, complain of neck pain or a stomachache and generally feels very ill. When these symptoms are present, the student must be excluded from school until the condition has been under a physician's treatment for 12-24 hours.

<b>Flu</b>	The student will present with fever, headache, sore throat, cough, c chills, stomachache, and muscle aches. Flu is spread by coughing sneezing, and any direct contact with nose or throat discharges. It is also air borne. Flu may last 2 — 7 days. The student should be kept at home until the symptoms and fever subside.
<b>Viral Meningitis</b>	The student will present with sudden onset of fever, headache, usually with some vomiting. The student may return to school when the fever subsides.
<b>Bacterial Meningitis</b>	The student will experience a sudden onset of high fever, headache, and a stiff neck, usually with some vomiting. The student must have written permission from the doctor to return to school. Family members and close contacts may be treated prophylactically.
<b>Hepatitis A</b>	Hepatitis A presents with nausea, vomiting, headache, fever, chills, and abdominal discomfort. The symptoms may last 3-7 days or for 3 weeks with jaundice. Students should be kept at home until symptoms subside. Vaccine is available.
<b>Hepatitis B</b>	Students will experience nausea, abdominal discomfort, malaise, Enlarged tender liver, and jaundice. Vaccine is state mandated in Texas.
<b>Chicken Pox</b>	Students will present with fever and rash consisting of blisters that may appear first on the head, then spread to the body. Students are excluded from school until blisters have crusted over. Vaccine is available.
<b>Fifth Disease</b>	Students will present with redness of the cheeks ("slapped face appearance) and body. There may be a low grade fever and students should be excluded until fever subsides.
<b>Pertussis</b>	Pertussis presents with a low grade fever, runny nose, and cough that may last 2 weeks, followed by a paroxysmal coughing spells and "whoop" on inspiration. Students should be excluded until the completion of 5 days of antibiotic therapy.
<b>Head Lice</b>	Students found to be infested with evidence of head lice or nits must be excluded from school. They may be readmitted after having been shampooed with a pediculacide shampoo and are confirmed to be nit free by the school nurse. Because of an increased concern among professionals throughout the United States that lice are becoming resistant to medicated shampoo, students will not be allowed to return to school until all lice and nits are removed from the hair. A second pediculacide treatment is recommended within seven days. Students will be rechecked at this time and must be nit and lice free to remain in school. When the hair is free of lice and nits, proposed follow up treatment is a daily shampoo with tea tree oil shampoo, or weekly oil treatment followed by daily inspection by the parent/guardian.

Initially, when head lice are discovered in a classroom, the school nurse will inspect all students in that classroom and infested Student's contacts. Siblings within the school will also be inspected. If the siblings are in another CISD school, the school nurse will notify the nurse at the other school. All infested students will be sent home.

**Benefits of Being Nit Free in Schools:**

- Prevents self-reinfestation and transmission to others during the seven days before the second treatment.
- Decreases or eliminates the eventual need for a second treatment, thereby limiting exposure of young children (and possibly their pregnant or nursing mothers) to pesticides.
- Reduces incidence of chronic infestation and secondary infections.
- Eliminates diagnostic confusion and serves to document treatment for school nurses.
- Equalizes the efficacy of pediculicides.
- Encourages parents to inspect their students, which is the best form of prevention and control.
- Reduces absences.