

Alexander Elementary School

Responding to Illness Guidelines

Updated 2024

Summary

This document describes the responding to illness plan for Alexander Elementary School. The plan includes information from the Maine DOE about communicable diseases that may require students/staff to stay home away from school.

This plan could change before or during the school year depending on requirements and recommendations of the State.

It is equally important to recognize that local factors and conditions could also affect plans for the school year. Such factors could include infectious disease outbreaks and staffing shortages.

Model of Learning

There is **no virtual (remote) learning option**, unless in the event of school closure due to illnesses. Learning packets can be distributed to students who are isolated away from school due to illness.

Health & Safety Measures

Screening

Students (parents/guardians) and staff should complete a daily self-check before arriving at school or boarding the school bus. Any students/staff displaying symptoms of illness should stay home and notify the school of absence.

Hand Hygiene

Hand hygiene practices will be followed - washing hands with soap and water prior to eating and after using the restroom. Hand sanitizer will be available for use in the event that clean water and soap are not readily available.

Cleaning / Disinfecting

ASDI follows CDC guidelines for cleaning and disinfecting the building against germs and bacteria.

Responding to Illnesses in the School

Students who develop symptoms of [communicable diseases](#) (including but not limited to fever, nausea, diarrhea, and vomiting) requiring isolation away from school will be taken to a waiting room while a parent/guardian is contacted to pick up the student. To help minimize the spread of illness, there are designated rooms and areas in the school for any student who shows

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symptoms of such communicable diseases. These areas are for students to wait while a parent/caregiver arrives to pick them up from school.

- Access to the waiting room(s) are restricted to the sick student and the staff caring for the student. Students who live in the same household, may be placed together in the same waiting room.
- Students will be required to remain in the waiting room until being dismissed.
- School staff who interact with a student who becomes ill while at school will use extra precautions as recommended when caring for sick people including additional PPE.
- After each use, the waiting areas will be cleaned and disinfected.

Staff members who develop symptoms of illness requiring isolation away from school, while at school, will be sent home immediately.

When Should Students Return to School After an Illness

For respiratory illness specific guidelines, refer to the [US CDC information here](#). (04/01/23) which states - You can go back to your normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better overall, **and**
- You have not had a fever (and are not using fever-reducing medication) for at least 24 hours.

For other communicable diseases, see the attached charts from the [Maine Department of Education's Quick Guide for Schools](#) on communicable diseases on the next page.

As a general rule, students should stay away from school until **symptoms are improving and for at least 24 hours after symptoms develop, and are feverless without the aid of fever-reducing medication** (e.g. Tylenol).

Families are always encouraged to speak with their primary care physician.

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Communicable Diseases Quick Guide for Schools and Child-Care Centers in Maine

Condition	Methods of Transmission	Incubation Period	Signs and Symptoms	Recommended Exclusion and Readmission Criteria	Report to Maine CDC? ^{1,2}	Prevention and Control
Campylobacteriosis	Contact with contaminated stool, water, raw milk, and food	2-5 days	Diarrhea, abdominal pain, fever, nausea, vomiting, fatigue	Exclude until diarrhea free ³	Yes	Teach proper handwashing, properly disinfect surfaces, properly store and cook food
Conjunctivitis, Bacterial or Viral (Pink Eye)	Direct contact with discharge from an infected eye or touching contaminated surfaces then touching the eyes	Varies based on type	Red or pink, itchy, painful eyes	No exclusion	No	Teach proper handwashing, properly disinfect surfaces
COVID-19	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs, contact with contaminated objects	2-14 days	Fever or chills, cough, sore throat, headache, muscle or body aches, fatigue, new loss of taste or smell, runny nose, nausea, vomiting, diarrhea	Exclude until fever free ⁴ and symptoms are getting better overall.	Yes	Promote vaccination for people 6 months and older, teach proper handwashing, teach children to cover coughs and sneezes, teach the importance of testing and staying home if sick, teach about masking
Coxsackie Virus Diseases (Hand, Foot, & Mouth)	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs. Touching stool or objects contaminated with stool or respiratory droplets and then touching mouth, nose, or eyes.	3-6 days	Tiny blisters in the mouth and on the fingers, palms, buttocks, and soles of feet with fever, sore throat, runny nose, cough	No exclusion	No	Teach proper handwashing, teach children to cover coughs and sneezes
Cryptosporidiosis	Contact with contaminated stool, recreational water, food, soil, and surfaces	3-14 days	Watery diarrhea, loss of appetite, vomiting, fever, abdominal pain, fatigue	Exclude until diarrhea free ³ and for swimming until 2 weeks after symptoms end	Yes	Teach proper handwashing, wash all fruits and vegetables before eating, exclude children from swimming for 2 weeks after symptoms resolve
E. coli infection, Shiga Toxin-Producing (STEC)	Contact with contaminated stool, water, food, or raw milk	1-10 days	Severe stomach cramps, diarrhea (often bloody), vomiting	Daycares: exclude until 2 negative stool samples separated by 24 hours with the first sample taken at least 48 hours after the last dose of antibiotics K-12 Schools: exclude until diarrhea free ³	Yes	Teach proper handwashing, provide education on good food safety practices, avoid unpasteurized dairy and juice products
Hepatitis A	Contact with contaminated stool, food, or water	15-50 days	Fever, jaundice (yellowing of the skin and eyes), abdominal pain, fatigue, dark urine, nausea, loss of appetite, diarrhea	General: exclude until one week after symptoms start Food workers: exclude for 7 days after jaundice starts or more than 14 days since symptoms start	Yes	Promote the hepatitis A vaccine, update and maintain vaccine records, teach proper handwashing, properly disinfect surfaces
Hepatitis B	Blood or blood products, injection drug use, sexual contact, being born to infected mothers, saliva that contains blood, contact with open sores, needle sticks, sharing items like razors, unregulated tattooing	45-160 days	Fever, muscle aches, nausea, vomiting, jaundice (yellowing of the skin and eyes), loss of appetite, joint pain, fatigue, abdominal pain, dark urine, clay-colored bowel movements	No exclusion	Yes	Promote the hepatitis B vaccine, update and maintain vaccine records, teach not to share syringes or other drug injection equipment, teach safe sex practices, cover open wounds, teach not to share toothbrushes or pacifiers, follow facility plan for handling exposure to blood-borne pathogens
Hepatitis C	Being born to infected mothers, saliva that contains blood, contact with open sores, needle sticks, sharing items like razors, unregulated tattooing	2 weeks - 6 months	Fever, muscle aches, nausea, vomiting, jaundice (yellowing of the skin and eyes), loss of appetite, joint pain, fatigue, abdominal pain, dark urine, clay-colored bowel movements	No exclusion	Yes	Teach not to share syringes or other drug injection equipment, teach safe sex practices, cover open wounds, teach not to share toothbrushes or pacifiers, follow facility plan for handling exposure to blood-borne pathogens
Impetigo	Contact with sores of an infected person or contaminated surfaces	Variable	Small, red pimples or fluid-filled blisters with crusted yellow scabs	Recommended exclusion until after treatment is started (if lesions can be covered)	No	Cover lesions, teach proper handwashing, properly disinfect surfaces, clip fingernails
Influenza, Seasonal	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs, contact with contaminated objects	1-4 days	Fever, dry cough, sore throat, headache, muscle aches and pains, fatigue, runny nose, nausea, vomiting, diarrhea	Exclude until fever free ⁴	Outbreaks Yes	Promote yearly immunization for people 6 months and older, teach proper handwashing, teach children to cover coughs and sneezes, avoid giving children aspirin
Measles	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	11-12 days	Fever, cough, runny nose, red and watery eyes, white spots inside the mouth, rash that starts at hairline spreading down the body	People with measles: exclude until 4 days after rash onset *Non-immune children in K-12 schools: exclude until 15 days after symptoms began for the last case or until the second dose of MMR(V) is received *Non-immune children in daycares: exclude until 15 days after symptoms began for the last case or until they are appropriately immunized for their age.	Yes	Update and maintain vaccine records, teach proper handwashing, teach children to cover coughs and sneezes
Meningococcal Infections	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	1-10 days	High fever, chills, headache, stiff neck, vomiting, rash, altered mental status	Exclude until 24 hours after antibiotics start	Yes	Update and maintain vaccination records, teach proper handwashing, teach children to cover coughs and sneezes, teach children not to share water bottles, beverages or drinking cups, or cosmetics like lip balm
Mononucleosis Infections	Person-to-person through kissing and sharing objects contaminated with saliva	Estimated 30-50 days	Fever, sore throat, fatigue, swollen lymph nodes, enlarged liver and spleen	Should avoid contact sports if spleen is enlarged	No	Teach proper handwashing, clean and sanitize toys and utensils before use, teach children not to share cups, eating utensils, and toothbrushes, avoid kissing children on the mouth
Mumps	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	12-25 days	Swollen glands below the ears or under the jaw, fever, headache, earache, swelling of the testicles or ovaries	People with mumps: exclude until 5 days after onset *Non-immune children in K-12 schools and daycares: in the event of a confirmed case, exclude until 18 days after symptoms began for the last case or until the second dose of MMR(V) is received or appropriately immunized for their age.	Yes	Update and maintain vaccine records, teach proper handwashing, teach children to cover coughs and sneezes

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Norovirus	Contact with contaminated stool, food, or water	12-48 hours	Fever, watery diarrhea, abrupt onset of vomiting, muscle aches, headache	Diapered children: exclude until their stool is contained in their diaper Toilet-trained children: exclude until diarrhea free ³	No	Teach proper handwashing, properly disinfect surfaces and toys, proper cooking temperatures and storage of food
Parvovirus (Fifth Disease)	Breathing in respiratory droplets after an infected person exhales, sneezes, or Coughs. Touching objects contaminated with respiratory secretions and then touching mouth, nose, or eyes	4-21 days	Fever, headache, fatigue, muscle aches, red "slapped-cheek" rash 4-14 days after other symptoms	No exclusion	No	Exposed pregnant women should talk to their healthcare provider, teach proper handwashing, teach children to cover coughs and sneezes
Pertussis (Whooping Cough)	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	4-21 days	Cold-like symptoms, coughing that may last weeks to months, vomiting while coughing, difficulty catching breath, whooping sound, fever	Exclude until after 5 days of antibiotic treatment or for 21 days after coughing starts if no antibiotics	Yes	Update and maintain vaccine records, teach proper handwashing, teach children to cover coughs and sneezes
Pinworm	Contact with infected stool and sharing toys, bedding, clothing, toilet seats, or baths	1-2 months	Itching and irritation around the anal or vaginal areas	No exclusion	No	Avoid shaking bedding or underwear, teach children proper handwashing, wash toys frequently, properly disinfect surfaces
Ringworm	Contact with infected humans, animals, or contaminated surfaces or objects	weeks	Red, circular patches with raised edges on the skin or feet, cracking and peeling of skin between the toes Patchy areas of dandruff-like scaling with or without hair loss on the scalp	Start treatment before returning to school or daycare. Infected athletes should not participate in sports with person to person contact for 72 hours after starting treatment	No	Teach children not to share bike helmets, hats, combs, brushes, clothing, bedding, or towels, teach children not to walk barefoot in areas like locker rooms or public showers, athletes involved in close contact sports should shower immediately after a session or match, and keep all sports gear clean
Rubella (German Measles)	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	12-23 days	Red or pink rash appearing first on the face and then spreading downward over the body, swollen glands, fever, joint aches and pain	People with rubella: exclude until 7 days after the rash onset *Non-immune children in K-12 schools: exclude until 23 days after symptoms began in the last case or until the second dose of MMR(V) is received *Non-immune children in daycares: in the case of an outbreak (3 cases or more) exclude until 23 days after symptoms began in the last case or until up-to-date with MMR(V) vaccination.	Yes	Update and maintain vaccine records, teach proper handwashing, teach children to cover coughs and sneezes
Salmonellosis	Contact with infected stool, food, water, and raw milk	12-36 hours	Diarrhea, fever, abdominal pain, nausea, vomiting	Diarrhea free ³	Yes	Teach proper handwashing, properly disinfect surfaces, no animals that are known to carry <i>Salmonella</i> should be allowed in the school/daycare
Scabies	Prolonged and close person-to-person contact	4-6 weeks for first infections, 1-4 days for reinfections	Rash, severe itching (increased at night), itchy red bumps and/or blisters	Recommended exclusion until after treatment is started	No	Daycares: Launder bedding and clothing worn during the 3 days before treatment, items that cannot be laundered should be sealed in plastic bags for at least 4 days. Recommend all family members see healthcare provider for prescribed treatment.
Shingles (Herpes Zoster)	Reactivation of the varicella-zoster (chickenpox) virus	Years after having varicella or the vaccine	Red bumps and blisters (vesicles), usually in a narrow area on one side of the body, rash may be itchy or painful, children younger than 3 years rarely have a sore throat and commonly have nasal discharge	Exclude until the rash can be covered or when all lesions have crusted	No	Teach proper handwashing, ensure rash is covered during the blister phase, notify pregnant or unvaccinated people
Strep Throat (Streptococcal Pharyngitis) and Scarlet Fever	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs, contact with contaminated surfaces or objects	2-5 days	Sore throat, fever, stomachache, headache, swollen lymph nodes in neck, lack of appetite	Recommended exclusion until after 12 hours of antibiotics	No	Teach proper handwashing, teach children to cover coughs and sneezes
Varicella (Chickenpox)	Direct contact, coughing, sneezing, and aerosolization of the virus	10-21 days	Fluid-filled red rash on the skin, rash inside the mouth, ears, genital areas, and scalp, fever, runny nose, cough	People with varicella: exclude until the rash crusts (~5 days) or in immunized people without crusts until no new lesions appear for 24 hours *Non-immune children in K-12 schools and daycares: only in the case of an outbreak (3 or more cases, possibly 2 cases in certain circumstances) exclude until 21 days after symptoms began in the last case or until a dose of MMR(V) is received	Yes	Update and maintain vaccine records, teach proper handwashing, teach children to cover coughs and sneezes

¹Report confirmed and suspect cases to Maine Center for Disease Control and Prevention by calling 1-800-821-5821.

²An up-to-date list of reportable conditions is available at <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/disease-reporting/documents/notifiable-conditions-2-17-2021.pdf>

³Diarrhea free for 24 hours without the use of diarrhea suppressing medications. Diarrhea is 3 or more episodes of loose stools in a 24-hour period.

⁴Fever free for 24 hours without the use of fever suppressing medications. Fever is a temperature of 100.4°F (38°C) or higher.

*Exclusions according to Maine Immunization Laws as of September 2021. To view the exact law and/or up-to-date laws, visit: <https://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/maine-vaccine-exemption-law-changes.shtml>

For more information on infectious diseases, please visit www.maine.gov/idepi. You can also call 1-800-821-5821.

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