



# Utah County Health Department

Joseph K. Miner, M.D., M.S.P.H.  
*Executive Director*

Ralph L. Clegg, E.H.S., M.P.A.  
*Deputy Director*

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SUBJECT: Medical or Sick Policy for Exclusion from School

## **Policy for Dealing with Communicable Disease in the School/Day Care Setting**

Controlling communicable disease in the day care and school settings is of utmost importance. Providing a safe, comfortable, and healthy environment facilitates the educational process, encourages social development, and allows children to acquire healthy attitudes toward organized settings.

Children who are ill or feel sick can create difficulties in group settings. An ill child often demands more attention from the teacher or caregiver and cannot fully participate in group or educational activities. Worse yet, the child with a communicable disease may spread the illness to others. This is especially true in the case of medically fragile children. Accordingly, it is essential that educators, parents, and day care providers control the spread of communicable disease by safe, effective, and practical efforts.

The following are conditions of special concern to us for which children should be kept home and when necessary, diagnosed and treated by a licensed clinician before returning to school or day care:

1. Colds/Flu

Watery discharge from nose and eyes, sneezing, chills, general body discomfort, or if there is a fever or yellow or green drainage from eyes or nose it is particularly important to keep the children home.

2. Diarrheal Diseases

An increased number of stools compared with the child's normal pattern with increased water and/or decreased form which may be accompanied by nausea, vomiting, abdominal cramping, headache, and/or fever. If any kind of stool softeners (fleets, enema, laxative, etc.) are administered, please keep student home for at least 12 hours.

3. Impetigo

Blister-like skin lesions or oozing or crusted sores could be Impetigo which **MUST** be diagnosed and treated with antibiotic for at least 24 hours before the child may return to school.

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4. Pink-Eye or Conjunctivitis  
Redness of eye(s), watery, white or yellow discharge from the eye, matted eyelashes, burning or itching eyes may be infectious conjunctivitis which **MUST** be treated with antibiotic for at least 24 hours before the child may return to school.
5. Any open wound or sore
6. Persistent cough
7. Nausea or vomiting
8. Strep throat or other bacterial infection not on antibiotic for at least 24 hours
9. Fever
10. Presence of any skin rashes that might be due to an infection (ie. Measles, strep, staph, fungus, chicken pox)
11. Foul smelling urine or blood in urine
12. Earache or ear drainage

It would be greatly appreciated if children with these problems could bring doctors notes when they return to school.

Thank you for helping us care for and teach your children by providing for their medical needs.

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### The Q & A of Glove Use

#### Why do I need to wear gloves?

Even with good hand washing hands still carry germs which can spread to other people when their food and drink are touched.

#### When do I need to wear gloves?

Anytime you touch food that will not be cooked after touching is called ready-to-eat which may only be touched with clean-gloved hands or clean food service instruments.

#### When can I touch food without gloves?

Any food that will be cooked after touching will get hot enough to kill the germs. So if handling with bare hands food that still needs to be cooked like raw meat, bread dough, or frozen fries makes it easier to work with, then it is okay.

#### If I wear gloves do I need to wash my hands?

Before you put your gloves on and after each glove change you need to wash your hands. The reason is that bacteria are growing on your hands very quickly and during glove changes these bacteria can easily end up on the outside of the gloves.

#### When do I need to change gloves?

Gloves must be changed whenever they touch something that has germs on it such as your face, uncooked food, door knobs, handles, money, etc.

#### Is there any time that I can work with ready-to-eat foods without gloves?

Yes. If you can use tongs, spatulas, deli tissues or other such implements to avoid touching food with your hands, you do not need gloves. I would not put gloves on to fish out a pickle when I can use a clean fork.

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