

BLUE FISH

P E D I A T R I C S

www.bluefishmd.com

SCHOOL / DAYCARE EXCUSE FORM

Name of Patient: _____

Today's Date: _____

- This child was seen at Blue Fish Pediatrics today and can return to school when better.
- This child was home for medical problems from _____ to _____ .
- This child is now able to return to school/daycare per American Academy of Pediatrics recommendations.
- This child may return to school/daycare when there is no fever for 24 hours and/or after 24 hours of antibiotic therapy.
- This child was seen today at Blue Fish Pediatrics for a routine well-child exam.

Physical Education:

- When pain free, this child can participate in all age-appropriate sports and activities.
- This child should have limited physical activity with the following instructions:

Thank you,

Blue Fish Pediatrics

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From the American Academy of Pediatrics Website

<https://www.healthychildren.org/English/family-life/work-play/Pages/When-to-Keep-Your-Child-Home-from-Child-Care.aspx>

Conditions that require exclusion include:

- **Diarrhea:** exclusion is required for all diapered children whose stool is not contained in the diaper and toilet-trained children if the diarrhea is causing accidents, and for children whose stool frequency exceeds 2 stools above normal per 24-hours for that child while the child is in the program or whose stool contains more than a drop of blood or mucus.
- **Vomiting:** exclude if 2 or more times in the previous 24 hours, unless the vomiting is determined to be caused by a non-communicable/non-infectious condition and the child is not in danger of dehydration.
- **Mouth sores with drooling that the child cannot control:** exclude unless the child's primary health care provider or local health department authority states that the child is noninfectious.
- **Rash with fever or behavioral changes:** exclude until a primary care provider has determined that the illness is not a communicable disease.
- **Skin sores:** exclude if sores are weeping fluid and are on an exposed body surface that cannot be covered with a waterproof dressing.

Other conditions with specific diagnoses as follows:

- **Streptococcal throat:** until the child has had 24 hours of antibiotics.
- **Head lice, scabies, ringworm:** Exclusion is not necessary before the end of the program day. First treatment may occur between the end of the program day and beginning of the next day—not requiring any exclusion.
- **Chickenpox (varicella):** until all lesions have dried or crusted (usually 6 days after onset of rash) and no new lesions have shown for at least 24 hours.

When It's OK to stay in child care/school:

- **Common colds**
- **Runny noses** (regardless of color or consistency of nasal discharge)
- **Coughs**
- **Yellow, green, white, or watery eye discharge without fever** (even if the whites of the eyes are red)
- **Rash without fever and without behavioral changes**
- **Thrush**
- **Fifth disease**
- **Molluscum contagiosum**