

# Stay Healthy & Stay in School

## Common Illnesses that Usually Resolve on their Own

### The Common Cold

- Common symptoms are sore throat, runny nose, cough, sneezing, watery eyes, headache, body aches
- Symptoms usually last 7-10 days

### Hand, Foot, & Mouth

- Common symptoms are fever, painful mouth sores, and a rash on the palms of the hands and soles of the feet

### Fifth Disease

- Common symptoms are fever, runny nose, headache, and "slapped cheek" rash
- No longer contagious once rash appears

### Pink Eye

- Common symptoms are red, watery eyes

If you are feeling sick, rest and drink plenty of fluids, and wash your hands often!

## Fight the Flu



Cover your cough!

Wash your hands.

Stay home when sick.

Get vaccinated.

Your city or county public health department

Find a Flu Shot Clinic near you at [www.mdhflu.com](http://www.mdhflu.com)

MIDH

## A Word on Head Lice...

Lice are a parasite that feed on human blood, and live close to the scalp. They cannot jump or hop from person to person. They spread through head-to-head contact with a person who already has lice; lice don't commonly spread by sharing common items such as clothing or hair brushes. Personal hygiene and/or cleanliness in the home or school have nothing to do with the spread of head lice.

-Centers for Disease Control and Prevention, 2015

[https://www.cdc.gov/parasites/lice/head/gen\\_info/faqs.html](https://www.cdc.gov/parasites/lice/head/gen_info/faqs.html)

## Common Illnesses that Require Treatment

### Strep Throat

- Common symptoms are sore throat, fever, red and swollen tonsils (sometimes with spots or streaks of white pus), tiny red dots on roof of the mouth
- Treated with antibiotics

### Impetigo

- Common symptoms are red sores on the face that burst and drain honey-colored pus
- May require treatment. No longer contagious when sores are dry and crusted.

The illnesses described here are not necessarily present in your child's classroom, but they are common illnesses in the community. The district will not send out notices unless the illness present in the classroom is reportable to the Minnesota Department of Health or Washington County.

## How to Stay Healthy

Contagious illnesses are spread through close contact with a person who is ill or an object they have touched. The most effective way to stay healthy is to wash your hands, avoid touching your face or food with unwashed hands, and to cover your cough if you are ill.

### How to wash your hands properly



Many illnesses are preventable by receiving state required and recommended vaccines.