

Prevention Methods

- Encourage frequent hand washing.
- Wash hands with soap and water for 20 seconds.
- Keep your family up to date with all vaccines including flu and pertussis.
- Keep your children home when they are sick.
- Encourage your child to use tissues when they cough or sneeze.
- Routinely clean and disinfect surfaces.
- Do not share personal items like forks, spoons, straws, food, combs, brushes, hats, makeup, or towels.
- Follow up with your physician as needed.



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A Parent's Guide to Common Childhood Diseases



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Diseases

Symptoms

Return to School Criteria

Fever	100 degrees or above	Fever free for 24 hours without fever-reducing medication
Pink eye (Conjunctivitis)	Irritation of the eye, tears, swelling, buildup of sticky fluid and crusting	When eyes are mucus free or on medication for 24 hours
Head lice	Itching, small red bumps on scalp Lice or eggs (nits) found in hair	After appropriate treatment begins
Hand, foot, and mouth disease	Fever, sores in mouth, on hands or feet	When lesions heal
Scabies	Intense itching and burrow like rash	24 hours after physician prescribed treatment started
MRSA (Staph Infection)	Skin infection that looks like pimples or boils. May be red, swollen or pus-filled	Evaluated by provider, skin kept covered and excluded from contact sports
Strep throat	Sore throat, fatigue and fever	24 hours after antibiotics started
Influenza	Cough, chills, fever, and headache	Fever free for 24 hours without fever-reducing medication
Pertussis (Whooping cough)	Persistent cough or short convulsive-like coughs	Five days after physician prescribed antibiotics started
Fifth's disease	Low-grade fever, cold-symptoms, facial rash, lacy rash on trunk, hands and feet	When child feels well
Ringworm	Itchy, red, ring-shaped rash, cracked skin with possible hair loss	Once treatment begins; ringworm on scalp requires oral medication
Stomach "bug"	Abrupt onset of nausea, vomiting, diarrhea, abdominal pain and discomfort	24 hours symptom free