

## 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.



## Orange County Department of Health

124 Main Street  
Goshen, New York 10924  
Voice (845) 291-2332  
Fax (845) 291-2341

[www.orangecountygov.com](http://www.orangecountygov.com)

[www.healthyorange.com](http://www.healthyorange.com)

## Orange County Department of Health

### **A Parent's Guide to Common Childhood Diseases**



Edward A Diana  
County Executive

Jean M. Hudson, MD, MPH  
Commissioner of Health

## 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<br>Lice or eggs (nits) found in hair             | Lice free after treatment   |
| 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   |
| Pin worms                     | Anal itching, disturbed sleep, local irritation due to scratching                  | 24 hours after physician prescribed treatment started and skin kept covered |
| Stomach "bug"                 | Abrupt onset of nausea, vomiting, diarrhea, abdominal pain and discomfort          | 24 hours symptom free   |