

OIST School Aged Program Illness Exclusion Policy

Last updated: April 2025

This document outlines the criteria by which a child who has been infected with a communicable disease can be readmitted to the School Aged Program (SAP). If a medical certificate is required to return to the SAP, parents must present a medical certificate from a physician with permission to return to the SAP upon return. For the calculation of the period of exclusion from the SAP, the day on which the criteria are met, such as lowering of fever has been observed is day 0, and the days past infection are counted starting at day 1.

1. Basic rules

Symptom	When Can My Child Return to the SAP?
Fever (37.5 and higher)	Children can return to the SAP once he or she is fever-free for 24 hours (*Child should be fever-free without the use of fever-reducing medicine.)
Vomiting/ Diarrhea	Attendance may resume 24 hours after the last episode of vomiting or diarrhea. If a child has had 3 episodes of diarrhea in 24 hours, they must visit a doctor and fill out a Re-admission Report before returning to the SAP. If both vomiting and diarrhea have occurred together, the exclusion time is 48 hours.
Blood in Stool/ E Coli Bacteria	After a doctor determines that there is no longer a threat of the bacteria spreading. Please fill out the Dr's Opinion Form upon return. (Click here for Bristol Stool Form Scale, Stool Classification Index)

2. Common Childhood Diseases

The following guidelines apply when a child has been diagnosed by a physician.

Disease/ Infection	Incubation Period	Symptoms	When Can My Child Return to the SAP?	Document Required for Readmission
Rotavirus Norovirus Adenovirus	1 - 3 days	Fever, diarrhea, vomiting, abdominal pain, loss of appetite, dehydration,	24 hours after being fever-free, vomiting or	Re-admission Report



		decreased urination, dry mouth and throat, feeling dizzy when standing up, crying with few or no tears and usual sleepiness or fussiness, abdominal cramp, joint and muscle pain, headache, extreme tiredness	diarrhea subside, and regular meals can be taken. (*Child should be fever free without the use of fever-reducing medicine) If both vomiting and diarrhea have occurred together, the exclusion time is 48 hours.	
Pink Eye (Conjunctivitis)	2 - 14 days	Discomfort in the eye (it may feel like sand in the eye), redness of the eye and inner eyelid, eye discharge, swollen eyelids, sensitivity to bright light	After a doctor determines that there is no longer a threat of the disease spreading.	Dr's Opinion Form
Hepatitis A Virus	15 - 50 days	Nausea, vomiting, diarrhea, jaundice, fever, abdominal pain	1 week after the onset of symptoms.	Re-admission Certificate
RS Virus Infection (Bronchiolitis)	4 - 6 days	Coughing with or without mucus produce, soreness in the chest, exhaustion, mild headache, mild body aches, watery eyes, sore throat	After the serious cough subsides and all body symptoms are gone	Re-admission Report
Pneumonia	14 - 21 days	Dry cough, chest pain, fever, trouble breathing	After the serious cough subsides and is fever-free for 24 hours	Re-admission Report
Fifth Disease (Erythema Infectious)	4 - 14 days	Fever, headache, runny nose, rash	After symptoms (except for the rash) are gone, fever-free for 24 hours and in good health condition overall	Re-admission Report
Croup	1 - 4 days	Cold symptoms like	After the cough	



		sneezing and runny nose, fever, barking cough, heavy breathing, and hoarse voice. Immediate medical attention is required if croup threatens your child's ability to breathe.	has subsided, fever-free for 24 hours, and body symptoms are gone	
Hand, Foot, and Mouth Disease	3 - 6 days	Fever; loss of appetite; runny nose; sore throat; a blister-like rash on the hands, feet and in mouth usually develops 1 to 2 days after the initial symptoms	24 hours fever free, all sores have dried and crusted, and regular meals can be taken	Re-admission Report
Roseola (Exanthem Subitem)	9 - 10 days	Fever, rash, fatigue, irritability, mild diarrhea, runny nose, decreased appetite, swollen eyelids	24 hours fever-free and rash is gone	Re-admission Report
Herpangina	3 - 6 days	High fever and mouth sores	Fever-free for 24 hours and regular meals can be taken	Re-admission Report
Scabies	30 days	Intense, persistent itching of the skin around the chest, arms, hands, legs, and genital area	After treatment has been completed	
Water Warts (Molluscum Contagiosum)	14 - 46 days	Begin as small, firm, dome-shaped growths. Can become red and inflamed, and may be itchy. Can be easily removed by scratching or rubbing, which can spread the virus to adjacent skin. Usually appear on the face, neck, armpits, arms, and tops of the hands in children	Must remain covered while at the SAP	
Head Lice	10 - 30 days	Itching on the scalp. Lice may be visible but are difficult to spot because they are small. Lice eggs	After the first treatment, re-evaluate after 1 week -	



		(nits) on hair shafts.		
Impetigo	2 - 10 days	May start with one blister or a group of blisters. The blisters burst and leave a patch of red, wet skin. The spot becomes coated with a crust. There can be small spots around the first spots, spreading outwards, usually itchy. The sore takes 1-3 days to develop after contact with fluid or crust from a sore. Feeling often occurs on the edge of a sore.	24 hours after the first antibiotic treatment. Blisters must remain covered while at the SAP	
Streptococcus (Strep Throat)	2 - 14 days	Severe sore throat, painful swallowing, bad breath, fever, tender and swollen glands in the neck, headache, nausea, vomiting, and abdominal pain	48 hours after first antibiotic treatment and fever-free for 24 hours	Re-admission Report
Scarlet Fever	2 - 5 days	High fever and sore throat. After a day or two, a red, body-wide fast and other signature symptoms (such as skin pigmentation and what's known as strawberry tongue" will develop.	24 hours after first antibiotic treatment and fever-free for 24 hours	Re-admission Report
Pinworm	2 - 5 days	Diarrhea, itching of the anal or vaginal area, insomnia, irritability, and restlessness. Some people with pinworms have no symptoms.	After the first antibiotic treatment, bathed and have trimmed, and scrubbed their nails	
Epstein-Barr Virus/Mono	4 - 6 weeks	Fatigue, fever, lack of appetite, rash, sore throat, swollen glands in the neck, weakness, and sore muscles. Young children are often	After completing antibiotic treatment, must be fever-free for 24 hours with all the symptoms	



		asymptomatic.	subsided	
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3. Category 3 Infectious Diseases

Cholera, Bacillary Dysentery, Typhoid Fever, Paratyphoid, Enterohemorrhagic E. Coli Infection, Epidemic Keratoconjunctivitis, Acute Hemorrhagic Conjunctivitis, any other infectious disease identified by the Ministry of Health, Labor, and Welfare.

When a category three infectious disease occurs, the children will be excluded from the SAP until it is determined by a physician that there is no further risk of infection based on an up-to-date diagnosis. *Medical certificate will be required for readmission.

4. Category 2 Infectious Diseases

The following guidelines apply when the child has been diagnosed by a physician.

Disease/ Infection	Incubation Period	Symptoms	When Can My Child Return to the CDC?	Document Required for Readmission
Influenza	1 - 4 days	Fever, joint and muscle pain, headache, extreme tiredness, dry cough, sore throat, runny or stuffy noses, chills	5 days (6th day) after the onset and 72 hours after being fever-free (*child should be fever-free without the use of fever-reducing medicine) Parent must fill out and submit an influenza progress report and submit it to the SAP office before he or she will be admitted back.	Influenza Progress Report
COVID-19	5-14 days (*Median incubation period for the Omicron variant is 3	Fever, respiratory symptoms, headache, extreme tiredness, gastrointestinal symptoms, runny nose, loss of taste and smell. Some infected people do	5 days (6th day) after the onset and 24 hours after the symptoms have subsided. If asymptomatic,	COVID-19 Readmission Report



	days)	not develop any symptoms (asymptomatic)	children can be readmitted to the SAP after 5 full days (6th day) from the day they test positive.	
Whooping Cough (Pertussis)	7 - 10 days	Runny nose, low-grade fever, mild occasional cough, apnea - a pause in breathing (in infants), rapid coughs followed by a high pitched "whoop" sound, coughing fits, vomiting during or after coughing fits, exhaustion (very tired) after coughing fits	5 days after appropriate antibiotic treatment has been completed	Dr's Opinion Form
Measles	8 - 12 days	High fever, runny nose, red and watery eyes, cough, white spots inside cheeks, red rash on the body	4 days after onset of rash and 72 hours after being fever-free	Dr's Opinion Form
Mumps (Epidemic Parotitis)	16 - 18 days	Headache, loss of appetite, low-grade fever, parotitis (inflammation of glands), pain in the neck area, continual low to high fever	5 days after onset of symptoms and in good health condition overall	Dr's Opinion Form
Rubella (German Measles)	16 - 18 days	Low-grade fever, headache, mild pink eye (redness or swelling of eyes), general discomforts, swollen and enlarged lymph nodes, cough, runny nose	After the rash is gone	Dr's Opinion Form
Chicken Pox (Varicella)	14 - 16 days	Rash (fluid-filled with blisters), fever, tiredness, loss of appetite, headache	After all sores have dried and crusted (usually 6 days)	Dr's Opinion Form



Pool Fever (Pharyngoconjunctival fever)	2 - 14 days	Red eyes, sore throat, high fever, headache, loss of appetite, watery eyes, eye discharge	48 hours after all symptoms are gone	Dr's Opinion Form
Tuberculosis	28 - 42 days	Unexplained weight loss, loss of appetite, fever, fatigue	After a doctor determines there is no longer a threat of the disease spreading	Dr's Opinion Form
Meningococcal Meningitis	2 - 4 days	Stiff neck, high fever, sensitivity to light, confusion, headaches, and vomiting. In infants, a bulging fontanelle and ragdoll appearance are commonly found. Less common symptoms are hemorrhagic rash and rapid circulatory collapse.	After a doctor determines that there is no longer a threat of the disease spreading *Medical certificate required	Dr's Opinion Form

5. Category 1 Infectious Diseases

Ebola Hemorrhagic Fever, Crimean / Congo Hemorrhagic Fever, Smallpox, Hemorrhagic Fever of South America, Plague, Marburg Disease, Lassa Fever, Polio (Acute Myelitis), Diphtheria, Severe Acute Respiratory Syndrome (SARS) Coronavirus, Middle Eastern Respiratory Syndrome (MERS) Coronavirus, Avian Influenza, New Influenza, and any serious emerging infectious disease identified by the Ministry of Health, Labor and Welfare.

When a category one infectious disease occurs, the OIST Business Continuity Plan (BCP) for Pandemic Influenza and Emerging Infectious Disease is applied.

6. Hygiene control in the SAP

Hand washing has been identified as the major way to prevent the spread of all communicable diseases. Children will be required to wash their hands upon entering the building, after toileting, before meals and snacks, before and after use of the water table and after messy activities. They will also be required to wash their hands after sneezing, wiping their noses, etc.

Staff and parents entering the facility will follow these practices to prevent the spread

of disease and to model proper health practices for the children

When to wash hands

- Entering the classroom
- Before, during, and after preparing food
- Before and after eating
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After wiping a child's nose, and/or assisting in wiping bodily fluid
- After touching garbage

SAP handwashing procedure

1. Wet your hands with clean running water
2. Apply soap
3. Wash the palm of your hands
4. Wash the back of your hands
5. Wash your fingers and between your fingers
6. Wash your thumbs
7. Wash the tip of your fingers and nails
8. Wash your wrists
9. Rinse your hands well under running water
10. Dry your hands using a clean/ disposable towel