

Signs and Symptoms Chart

Routine Exclusion Criteria Applicable to All Signs and Symptoms

- Child is unable to participate in program activities.
- Care would compromise staff's ability to care for other children.
- Child meets other exclusion criteria (see Chapter 4, Conditions Requiring Temporary Exclusion, "Call Emergency Medical Services [EMS] [911] Immediately If" and "Get Medical Attention Within 1 Hour" boxes).

Sign or Symptom	Common Causes	Complaints or What Might Be Seen	Notify Program's Health Consultant, If Program Has One	Notify Parent/Legal Guardian	Temporarily Exclude?	If Excluded, Readmit When
Cold Symptoms	Viruses <ul style="list-style-type: none"> • Adenovirus • Coronavirus • Enterovirus • Influenza virus • Parainfluenza virus • Respiratory syncytial virus (RSV) • Rhinovirus • Bacteria • Mycoplasma • Pertussis 	<ul style="list-style-type: none"> • Coughing • Hoarse voice, barky cough • Runny or stuffy nose • Scratchy throat • Sneezing • Fever • Watery and pink eyes 	Not necessary unless epidemics occur (ie, RSV or vaccine-preventable disease like measles or varicella [chickenpox])	Yes	No, unless <ul style="list-style-type: none"> • Fever accompanied by behavior change. • Child looks or acts very ill. • Child has difficulty breathing. • Child has blood-red or purple rash not associated with injury. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	Exclusion criteria are resolved.
Cough	<ul style="list-style-type: none"> • Common cold • Lower respiratory infection (eg, pneumonia, bronchiolitis) • Croup • Asthma • Sinus infection • Bronchitis • Pertussis • Noninfectious causes like allergies 	<ul style="list-style-type: none"> • Dry or wet cough. • Runny nose (clear, white, or yellow-green). • Sore throat. • Throat irritation. • Hoarse voice, barking cough. • Coughing fits. • Irritation in any part of the respiratory tract, from nose and mouth to lung tissue, can cause coughing. 	Not necessary unless the cough is due to a vaccine-preventable disease, such as pertussis	Yes	No, unless <ul style="list-style-type: none"> • Severe cough. • Rapid or difficult breathing. • Wheezing and not already evaluated and symptoms controlled by treatment. • Cyanosis (ie, blue color of skin or mucous membranes). • Pertussis is diagnosed and not yet treated. • Fever with behavior change. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	Exclusion criteria are resolved.
Diaper Rash	<ul style="list-style-type: none"> • Irritation by rubbing of diaper material against skin in wet with urine or stool • Infection with yeast or bacteria 	<ul style="list-style-type: none"> • Redness • Scaling • Red bumps • Sores • Cracking of skin in diaper region 	Not necessary	Yes	No, unless <ul style="list-style-type: none"> • Oozing sores that leak body fluids outside the diaper. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	Exclusion criteria are resolved.

►continued

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.

Used with permission of the American Academy of Pediatrics, 2019.

Signs and Symptoms Chart (continued)

► **continued**

Sign or Symptom	Common Causes	Complaints or What Might Be Seen	Notify Program's Health Consultant, If Program Has One	Notify Parent/ Legal Guardian	Temporary Exclude?	If Excluded, Readmit When
Diarrhea	<ul style="list-style-type: none"> • Usually viral, less commonly bacterial or parasitic • Noninfectious causes such as dietary (drinking too much juice), medications, inflammatory bowel disease, or cystic fibrosis 	<ul style="list-style-type: none"> • Frequent loose or watery stools compared with child's normal pattern (Note that exclusively breastfed infants normally have frequent unformed and somewhat watery stools or may have several days with no stools.) • Abdominal cramps • Fever • Generally not feeling well • Vomiting occasionally present 	Yes, if 1 or more cases of bloody diarrhea or 2 or more children in same group with diarrhea within a week	Yes	<ul style="list-style-type: none"> • Yes, if <ul style="list-style-type: none"> • Directed by the local health departments part of outbreak management. • Stool is not contained in the diaper for diapered children. • Diarrhea is causing "accidents" for toilet-trained children. • Stool frequency exceeds 2 stools above normal for that child during the time the child is in the program, or what has become too much work for teachers/caregivers and make it difficult to maintain good sanitation. • Blood/mucus in stool. • Black stools. • No urine output in 8 hours. • Jaundice (ie, yellow skin or eyes). • Fever with behavior change. • Looks or acts very ill. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	
Difficult or Noisy Breathing	<ul style="list-style-type: none"> • Common cold • Croup • Epiglottitis • Bronchiolitis • Asthma • Pneumonia • Object stuck in airway • Exposed to a known trigger of asthma symptoms (eg, animal dander, pollen) 	<ul style="list-style-type: none"> • Common cold: stuffy/runny nose, sore throat, cough, or mild fever. • Croup: barking cough, hoarseness, fever, possible chest discomfort (symptoms worsen at night), or very noisy breathing, especially when breathing in. • Epiglottitis: gasping noisily for breath with mouth wide open, chin pulled down, high fever, or bluish (cyanotic) nails and skin; drooling, unwilling to lie down. • Bronchiolitis and asthma: child is working hard to breathe; rapid breathing; space between ribs looks like it is sucked in with each breath (retractions); wheezing; whistling sound with breathing; cold/cough; irritable and unwell. Takes longer to breathe out than to breathe in. 	Not necessary except for epiglottitis	Yes	<ul style="list-style-type: none"> • Yes, if <ul style="list-style-type: none"> • Fever with behavior change. • Child looks or acts very ill. • Child has difficulty breathing. • Rapid breathing. • Wheezing if not already evaluated and symptoms controlled by treatment. • Cyanosis (ie, blue color of skin or mucous membranes). • Cough interferes with activities. • Breath sounds can be heard when the child is at rest. • Child has blood-red or purple rash not associated with injury. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.

Used with permission of the American Academy of Pediatrics, 2019.

Signs and Symptoms Chart (continued)

Sign or Symptom	Common Causes	Complaints or What Might Be Seen	Notify Program's Health Consultant, If Program Has One	Notify Parent/ Legal Guardian	Temporarily Exclude?	If Excluded, Readmit When
Difficult or Noisy Breathing (continued)	<ul style="list-style-type: none"> Pneumonia: deep cough, fever, rapid breathing, or space between ribs looks like it is sucked in with each breath (retractions). Object stuck in airway: symptoms similar to croup (listed previously). Exposed to a known trigger of asthma symptoms and the child is experiencing breathing that sounds or looks different from normal for that child. 	<ul style="list-style-type: none"> Fever Pain or irritability Difficulty hearing “Blocked ears” Drainage Ear rubbing or pulling in young children 	Not necessary	Yes	No, unless child meets routine exclusion criteria (See Conditions Requiring Temporary Exclusion in Chapter 4.)	Exclusion criteria are resolved.
Earache	<ul style="list-style-type: none"> Bacteria Often occurs in context of common cold virus 	<ul style="list-style-type: none"> Bacterial infection: pink color of the “whites” of eyes and thick yellow/green discharge. Eyelid may be irritated, swollen, or crusted. Viral infection: pinkish/red color of the whites of the eye; irritated, swollen eyelids; watery discharge with or without some crusting around the eyelids; may have associated cold symptoms. Allergic and chemical irritation: red, painful, tearing, itchy, puffy eyelids; runny nose, sneezing; watery/stringy discharge with or without some crusting around the eyelids. Chemical irritation of the membrane covering the eye and eyelid (irritant conjunctivitis) (eg., swimming in heavily chlorinated water, air pollution, smoke exposure) 	Yes, if 2 or more children have red eyes with watery discharge	Yes	<p><i>For bacterial conjunctivitis</i> No. Exclusion is not required for this condition. Health professionals may vary on whether to treat this condition with antibiotic medication. The role of antibiotics in treatment and preventing spread is unclear. Most children with pinkeye get better after 5 or 6 days without antibiotics.</p> <p><i>For red eyes with intense pain</i> Refer to health professional.</p> <p><i>For other eye problems</i> No, unless child meets other exclusion criteria (See Conditions Requiring Temporary Exclusion in Chapter 4.)</p>	<p><i>For bacterial conjunctivitis</i>, once parent has discussed with health professional. Antibiotics may or may not be prescribed.</p> <ul style="list-style-type: none"> Exclusion criteria are resolved. <p><i>For viral conjunctivitis</i> Note: One type of viral conjunctivitis spreads rapidly and requires exclusion. If 2 or more children in the group have watery red eyes without any known chemical irritant exposure, exclusion may be required and health authorities should be notified to determine if the situation involves the uncommon epidemic conjunctivitis caused by a specific type of adenovirus. Herpes simplex conjunctivitis (red eyes with blistering/vesicles on eyelid) occurs rarely and would also require exclusion if there is eye watering.</p>

Signs and Symptoms Chart (continued)

Sign or Symptom	Common Causes	Complaints or What Might Be Seen	Notify Program's Health Consultant If Program Has One	Notify Parent/ Legal Guardian	If Excluded, Readmit When
			Temporarily Exclude?		
Fever	<ul style="list-style-type: none"> • Any viral, bacterial, or parasitic infection • Vigorous exercise • Reaction to medication or vaccine • Other noninfectious illnesses (eg, rheumatoid arthritis, malignancy) 	<p>Flushing, tired, irritable, decreased activity</p> <p>Notes:</p> <ul style="list-style-type: none"> • Fever alone is not harmful. When a child has an infection, raising the body temperature is part of the body's normal defense against germs. • Rapid elevation of body temperature sometimes triggers a febrile seizure in young children; this usually is outgrown by age 6 years. The first time a febrile seizure happens, the child requires medical evaluation. These seizures are frightening but are usually brief (less than 15 minutes) and do not cause the child any long-term harm. Parents should inform their child's health professional every time the child has a seizure, even if the child is known to have febrile seizures. <p>Warning: Do not give aspirin. It has been linked to an increased risk of Reye syndrome (a rare and serious disease affecting the brain and liver).</p>	<p>Not necessary</p>	<p>No, unless</p> <ul style="list-style-type: none"> • Behavior change or other signs of illness in addition to fever or child meets other routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). <p>Note: A temperature considered meaningfully elevated above normal, although not necessarily an indication of a significant health problem for infants and children older than 2 months that is above 101°F (38.3°C) from any site (axillary, oral, or rectal).</p> <p>Get medical attention when infants younger than 4 months have unexplained fever. In any infant younger than 2 months, a temperature above 100.4°F (38.0°C) is considered meaningfully elevated and requires that the child get medical attention immediately, within an hour if possible. The fever is not harmful; however, the illness causing it may be serious in this age group.</p>	<p>Exclusion criteria are resolved.</p>
Headache, Stiff or Painful Neck	<ul style="list-style-type: none"> • Any bacterial/viral infection • Other noninfectious causes 	<ul style="list-style-type: none"> • Tired and irritable • Can occur with or without other symptoms 	<p>Not necessary</p>	<p>No, unless</p> <p>Note: Notify health professional in the case of sudden, severe headache with fever, vomiting, or stiff neck that might signal meningitis. A stiff neck would be concerning if the back of the neck is painful or the child can't look at his or her belly button (putting chin to chest)—different from soreness in the side of the neck.</p>	<p>Exclusion criteria are resolved.</p>

➤ **continued**

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.

Used with permission of the American Academy of Pediatrics, 2019.

Signs and Symptoms Chart (continued)

Sign or Symptom	Common Causes	Complaints or What Might Be Seen	Notify Program's Health Consultant, If Program Has One	Notify Parent/ Legal Guardian	Temporarily Exclude?	If Excluded, Readmit When
Itching	<ul style="list-style-type: none"> • Ringworm • Chickenpox • Pinworm • Head lice • Scabies • Allergic or irritant reaction (e.g., poison ivy) • Dry skin or eczema • Impetigo 	<ul style="list-style-type: none"> • Ringworm: itchy ring-shaped patches on skin or bald patches on scalp. • Chickenpox: blister-like spots surrounded by red halos on scalp, face, and body; fever; irritable. • Pinworm: anal itching. • Head lice: small insects or white egg sneaths that look like grains of sand (nits) in hair. • Scabies: severely itchy red bumps on warm areas of body, especially between fingers or toes. • Allergic or irritant reaction: raised, circular, mobile rash; reddening of the skin; blisters occur with local reactions (poison ivy, contact reaction). • Dry skin or eczema: dry areas on body. More often worse on cheeks, in front of elbows, and behind knees. In infants, may be dry areas on face and anywhere on body but not usually in diaper area. If swollen, red, or oozing, think about infection. • Impetigo: areas of crusted yellow, oozing sores. Often around mouth or nasal openings or areas of broken skin (insect bites, scrapes). 	Yes, for infestations such as lice and scabies; if more than 1 child in group has impetigo or ringworm; for chickenpox	Yes	<p><i>For chickenpox</i></p> <p>Yes, until lesions are fully crusted</p> <p><i>For ringworm, impetigo, scabies, and head lice</i></p> <p>At the end of the day, the child should see a health professional and, if any of these conditions are confirmed, the child should start treatment before returning. If treatment is started before the next day, no exclusion is necessary. However, the child may be excluded until treatment has started.</p> <p><i>For pinworm, allergic or irritant reactions like hives, and eczema</i></p> <p>No, unless appears infected as a weeping or crusty sore</p>	<ul style="list-style-type: none"> • Exclusion criteria are resolved. • On medication or treated as recommended by a health professional if treatment is indicated for the condition.
Mouth Sores	<ul style="list-style-type: none"> • Oral thrush (yeast infection) • Herpes or coxsackievirus infection • Canker sores 	<ul style="list-style-type: none"> • Oral thrush: white patches on tongue, gums, and along inner cheeks. • Herpes or coxsackievirus infection: pain on swallowing; fever; painful, white/red spots in mouth; swollen lymph nodes (neck glands); fever blister, cold sore; reddened, swollen, painful lips • Canker sores: painful ulcers inside cheeks or on gums 	Not necessary	Yes	<p>No, unless</p> <ul style="list-style-type: none"> • Drooling steadily related to mouth sores. • Fever with behavior change. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	Exclusion criteria are resolved.

► *continued*

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.

Used with permission of the American Academy of Pediatrics, 2019.

Signs and Symptoms Chart (continued)

Sign or Symptom	Complaints or What Might Be Seen	Notify Program's Health Consultant, If Program Has One	Notify Parent/ Legal Guardian	Temporarily Exclude? If Excluded, Readmit When
Rash	<ul style="list-style-type: none"> • Many causes <ul style="list-style-type: none"> • Viral: roseola infantum, fifth disease, chickenpox, herpesvirus, molluscum contagiosum, warts, cold sores, shingles (herpes zoster), and others • Skin infections and infestations: ringworm (fungus), scabies (parasite), impetigo, abscesses, and cellulitis (bacteria) • Scarlet fever (strep infection) • Severe bacterial infections: meningococcus, pneumococcus, <i>Staphylococcus</i> (methicillin-susceptible <i>S. aureus</i>), methicillin-resistant <i>S. aureus</i>, <i>Streptococcus</i> • Noninfectious causes: allergy (hives), eczema, contact (irritant) dermatitis, medication related, poison ivy, vasculitis 	<ul style="list-style-type: none"> For outbreaks, such as multiple children with impetigo within a group 	<p>Yes</p>	<ul style="list-style-type: none"> • No, unless <ul style="list-style-type: none"> • Rash with behavior change or fever. • Has sozing/open wound that can't be covered. • Has bruising not associated with injury. • Has joint pain and rash. • Rapidly spreading blood-red rash. • Tender, red area of skin, especially if it is increasing in size or tenderness. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). • Diagnosed with a vaccine-preventable condition, such as chickenpox.

➤ *continued*

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.

Used with permission of the American Academy of Pediatrics, 2019.

Signs and Symptoms Chart (continued)

Sign or Symptom	Complaints or What Might Be Seen	Notify Program's Health Consultant, If Program Has One	Notify Parent/Legal Guardian	If Excluded, Readmit When
Sore Throat (pharyngitis)	<ul style="list-style-type: none"> Viral—common cold viruses that cause upper respiratory infections Strep throat 	<p>• Viral: verbal children will complain of sore throat; younger children may be irritable with decreased appetite and increased drooling (refusal to swallow). Often see symptoms associated with upper respiratory illness, such as runny nose, cough, and congestion.</p> <p>• Strep throat: red tissue with white patches on sides of throat, at back of tongue (tonsil area), and at back wall of throat. Unlike viral pharyngitis, strep throat infections are not typically accompanied by cough or runny nose and usually occur in children older than 3 years.</p> <p>• Tonsils may be large, even touching each other. Swollen lymph nodes (sometimes called "swollen glands") occur as body fights off the infection.</p>	<p>No, unless</p> <p>Yes</p>	<ul style="list-style-type: none"> Able to swallow. If strep, on medication at least 12 hours. Exclusion criteria are resolved. <p>Note: Most children with red back of throat or tonsils, pus on tonsils, or swollen lymph nodes have viral infections. If strep is present, 12 hours of antibiotics is required before return to care. Tests for strep infection are not usually necessary for children younger than 3 years because children younger than 3 years do not develop rheumatic heart disease—the primary reason for treatment of strep throat.</p>
Stomachache	<ul style="list-style-type: none"> Viral gastroenteritis or strep throat Problems with internal organs of the abdomen such as stomach, intestine, colon, liver, spleen, bladder Nonspecific, behavioral, and dietary causes If combined with hives, may be associated with a severe allergic reaction 	<ul style="list-style-type: none"> Viral gastroenteritis or strep throat: vomiting and diarrhea or cramping are signs of a viral infection of the stomach or intestine. Strep throat may cause stomachache with sore throat, headache, and possible fever (see Sore Throat). Problems with internal organs of the abdomen: persistent severe pain in abdomen. Nonspecific stomachache: vague complaints without vomiting/diarrhea or much change in activity. 	<p>If multiple cases in same group within 1 week</p> <p>Yes</p>	<ul style="list-style-type: none"> Pain resolves. Severe pain causing child to double over or scream. Abdominal pain after injury. Bloody/black stools. No urine output for 8 hours. Diarrhea (see Diarrhea). Vomiting (see Vomiting). Yellow skin/eyes. Fever with behavior change. Looks or acts very ill. Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4).

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.

Used with permission of the American Academy of Pediatrics, 2019.

► *continued*

Signs and Symptoms Chart (continued)

Sign or Symptom	Common Causes	Complaints or What Might Be Seen	Notify Program's Health Consultant, If Program Has One	Notify Parent/ Legal Guardian	Temporary Exclude?	If Excluded, Readmit When
Swollen Glands (properly called swollen lymph nodes)	<ul style="list-style-type: none"> Viruses: normal body defense response to viral infection in the area where lymph nodes are located (ie, in the neck for any upper respiratory infection). Bacteria: lymph nodes may be enlarging, one-sided, and painful. 	<ul style="list-style-type: none"> Normal lymph node response: <ul style="list-style-type: none"> swelling at front, sides, and back of the neck and ear; in the armpit or groin; or anywhere else near an area of an infection. Usually, these nodes are less than 1" across. Bacterial infection of lymph nodes: swollen, warm lumps under the skin with overlying pink skin, tender to the touch, usually located near an area of the body that has been infected. Usually these nodes are larger than 1" across. 	Not necessary	Yes	<ul style="list-style-type: none"> No, unless <ul style="list-style-type: none"> Difficulty breathing or swallowing. Red, tender, warm glands. Fever with behavior change. Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	<ul style="list-style-type: none"> Child is on antibiotics (if indicated). Exclusion criteria are resolved.
Urinating Frequently, Unusually Having Urine Accidents	<ul style="list-style-type: none"> Urinary infection Irritation of urogenital tissues by chemicals such as bubble bath 	Wet underclothing, uncomfortable while sitting, pulling at underclothing	Not necessary	Yes	No	Exclusion criteria are resolved.
Vomiting	<ul style="list-style-type: none"> Viral infection of the stomach or intestine (gastroenteritis) Coughing strongly Other viral illness with fever Noninfectious causes: food allergy (vomiting, sometimes with hives), trauma, ingestion of toxic substance, dietary and medication related, headache 	Diarrhea, vomiting, or cramping for viral gastroenteritis	For outbreak	Yes	<ul style="list-style-type: none"> Yes, if <ul style="list-style-type: none"> Vomited more than 2 times in 24 hours Vomiting and fever Vomiting with hives Vomit that appears green/bloody No urine output in 8 hours Recent history of head injury Looks or acts very ill 	<ul style="list-style-type: none"> Vomiting ends. Exclusion criteria are resolved.

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.

Used with permission of the American Academy of Pediatrics, 2019.