

**Communicable Disease Information**

Dear Parents/Guardians:

Your child may have been exposed to the disease(s) checked below. You may want to consult your health care provider if any of the symptoms listed below appear. Everyone is better protected when a child with a communicable disease is kept at home until medically treated.

**Notify classroom for each case:**

- CHICKENPOX (VARICELLA)**  
A viral illness causing small water blisters on the scalp, neck and covered parts of the body are usually the first sign. The blisters break easily. A child may become irritable, tire easily and have a fever during the first few days of the illness. A sick child should be kept at home for seven days from the appearance of the first crop of blisters. Primarily spread by airborne droplet. During an outbreak of chickenpox, varicella vaccine can be given to unvaccinated or otherwise susceptible persons to either prevent or minimize the illness. Contact your child's health care provider for further information. The incubation\* period for chickenpox is 14 to 21 days.
- CONJUNCTIVITIS - ACUTE BACTERIAL (Sore eyes, pinkeye)**  
Watery red eye(s), swollen eyelid(s), blurry vision, mucous and pus discharge from the eyes. Spread by contact with discharge from eyes or upper respiratory tract of infected persons, through contaminated fingers, clothing or other articles. The infection is communicable during the course of active infection. Students are excluded from school during the acute stage and until medically treated for at least 24 hours. Incubation\* period from 24 to 72 hours.
- IMPETIGO**  
Lesions resemble small clusters of pimples which develop honey-colored crusts with much itching. The lesions frequently occur around the nostrils and lips. Touching the lesions may cause them to spread to other parts of the body. Prompt treatment is important. Potential complications include rheumatic fever and glomerulonephritis, a kidney disorder. A student may return to school 24 hours after medical treatment has been started. While at school, lesions should be covered until affected area appears dry and resolved. Incubation\* period is 4 to 10 days.
- STREPTOCOCCAL INFECTION - "STREP THROAT" OR SCARLET FEVER**  
This disease usually causes fever, sore throat, vomiting, headache and/or bright rash. The rash may not appear, but the disease is just as serious. If your child has these symptoms, call your child's health care provider. The student may return to school after starting an effective antibiotic for 24 hours and is fever free for 24 hours. The incubation\* period is one to three days.
- HAND FOOT AND MOUTH DISEASE**  
This condition is caused by a virus. Symptoms include a fever, rash on the buttocks, small blisters in the mouth, hands and feet. The small mouth blisters sometimes make it uncomfortable for children to eat. The virus is spread by droplets produced by a cough or sneeze. If your child has any of the above symptoms, you may wish to contact your child's health care provider for diagnosis and treatment recommendations. Please notify the school office of the diagnosis; keep your child home until the mouth sores have healed and your child is fever-free. Prevent the spread of the disease by not sharing eating utensils. Promote good personal hygiene such as hand washing after toileting and before eating.

**Notify classroom with evidence of spread (2+ cases):**

- PINWORMS**  
These human intestinal worms are one-half inch long and look like heavy white threads. May cause itching/scratching in rectal area. The best time to find worms is at night or after bathing. All members of household should be treated at the same time. Contagious by direct transfer of eggs by hand from anus to mouth or indirectly through clothing, bedding, food or other contaminated articles. Student may return to school after completion of medically prescribed treatment.
- RINGWORM**  
This is a skin disease caused by fungus growth. Contagious by direct skin to skin contact or through indirect contact with clothing, hats, combs, etc. Breaks in the skin may cause serious secondary infections.
  - Scalp:** Contagious patches where hair has broken off near roots, causing bald spot(s) on scalp. Student may return to school when health care provider statement indicates.
  - Body:** Slightly raised ring or oval shaped rash which is red and scaly with a clear space in center. One to four rings appear. Student may return to school 24 hours after medical treatment was started. At school, lesions should be covered until resolved.
  - Feet:** "Athlete's Foot". Scaling, itching, and small blisters on feet, especially between the toes. As disease progresses, larger blisters, raw places, swelling and redness are evident. Reinfection is fairly common. While not excluded from school, showering and swimming precautions apply.
- SCABIES**  
This skin disease is caused by a parasitic mite which burrows beneath the skin and lays eggs. A raised rash appears between the fingers, waist, wrists, elbows and other protected areas and causes intense itching, especially at night. Transfer is by direct skin to skin contact or from contaminated clothing or bed linen. Family members should also be treated. Bed linen and clothing should be washed in hot water to kill the mite and prevent the spread. Students may return to school the day after medical treatment. Itching may continue for several weeks after treatment. Incubation\* period is from several days to weeks.

**\* Incubation period means the time required for the disease to appear after exposure**

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## Verify with District Nurse:

- Fifth Disease**

This condition is caused by a virus transmitted in blood and respiratory secretions from an infected individual. Symptoms include a low-grade fever (up to 102°) followed by a rash, sore throat and headache. The rash appears on the face which produces a reddened “slapped cheek” appearance that lasts 1 to 2 days. Over the next several days, a raised, fine rash may progress to the trunk, arms and legs. The rash may last for days or weeks. In older students and adults, joint pain/stiffness/swelling may be the only symptoms. If your child has any of the above symptoms, you may wish to contact your child’s health care provider for diagnosis, treatment and medical follow up recommendations. Please notify the school of the diagnosis; keep your child home until your child is fever-free. Your child is not considered contagious with the rash and may be in school. Please Note: Fifth Disease can be dangerous to the fetus of pregnant women who contact the disease. Prevent the spread of disease by not sharing eating utensils, properly disposing of contaminated tissues/items. Promote good personal hygiene such as hand washing after toileting and before eating.
  
- Infectious Mononucleosis**

Generally this acute, self-limiting viral disease is usually caused by the Epstein-Barr virus (EBV). Infectious mononucleosis can occur at any age but is most commonly seen in adolescents and young adults. It is usually mild but can be serious with complications. Symptoms vary and may include; fever with generalized, enlarged, tender lymph nodes, fatigue, sore throat, or persistent headache. A rash may occur, particularly over the trunk, there may be abdominal pain and jaundice. If your child has any of the above symptoms, you may wish to contact your child’s health care provider for diagnosis and medical recommendation. Please notify the school office of the diagnosis; keep your child home from school until the acute symptoms have disappeared, which may be 2 to 4 weeks. Your child may need restricted activities for 2 to 3 months. **Please provide a written recommendation from your child’s health care provider, including school attendance and physical education limitations.** Prevent the spread of disease by not sharing eating utensils, properly disposing of or disinfecting all articles that may have been soiled with nose and throat discharges. Promote good personal hygiene such as hand washing after toileting and before eating.
  
- Kawasawki Disease**

This disease is thought to be infectious and viral, although the cause is unknown. It is generally seen in infants and young children under the age of 8 years. The acute phase can last up to 14 days; symptoms include: significant irritability, fever of 101° or higher, reddened eye with no discharge; edema of hands and feet with reddening of palms and soles, strawberry tongue, red non-itchy rash, dry –red cracking lips, enlarged lymph nodes, or increased heart rate. Following the acute phase, around the 10<sup>th</sup> to 25<sup>th</sup> day, there may be peeling of the skin on fingers and toes, rash disappears and skin is dry, there may be joint involvement and heart complications. If your child has any of the acute symptoms, contact your child’s health care provider for diagnosis and medical treatment and follow up. **Your child may return to school with a written release from his/her health care provider.** Prevent the spread of disease by not sharing eating utensils. Promote good personal hygiene such as hand washing after toileting and before eating.