

# BENJAMIN FRANKLIN INTERNATIONAL SCHOOL

## COMMUNICABLE DISEASES

**BFIS Health Center**  
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Please note: Any student or staff member with a fever or exhibiting other flu-like symptoms must remain at home until at least 24 hours after they no longer have a fever or signs of flu without the use of fever-reducing medicine.

### CHICKEN POX:

**Definition:** It is an infectious disease caused by the varicella virus.

**Incubation period:** 13 to 17 days

**Symptoms:** Uncomfortable, itchy rash, fever and headache. The rash is like blisters and usually appears on the face, scalp or trunk

**Required absence from school:** 7 days from onset of pocks or until pocks become dry

### CONJUNCTIVITIS (PINK EYE)

**Definition:** It is an inflammation or infection of the transparent membrane (conjunctiva) that lines your eyelid and part of your eyeball. Inflammation causes small blood vessels in the conjunctiva to become more prominent, which is what causes the pink or red cast to the whites of your eyes.

**Incubation period:** 24 to 72 hours

**Symptoms:** Tearing, redness and puffy lids, eye discharge.

**Required absence from school:** Until treatment begins or physician approves readmission

### ERYTHEMIA INFECTIOSUM (FIFTH DISEASE)

**Definition:** It is a viral infection caused by parvovirus B19. The virus only infects humans – it's not the same parvovirus that you vaccinate your dog or cat against.

**Incubation period:** 4 to 20 days

**Symptoms:** Usual age 5 to 14 years – unusual in adults. Starts with a low-grade fever followed by Erythema (slapped cheek) appearance on cheeks, lace-like rash on extremities lasting a few days to 3 weeks. Rash seems to recur.

**Required absence from school:** After diagnosis no exclusion from school

### GERMAN MEASLES (RUBELLA)

**Definition:** An acute viral disease that causes fever and rash

**Incubation period:** 14 to 23 days

**Symptoms:** Rash and fever for two to three days (mild disease in children and young adults)

**Required absence from school:** 7 days from onset of rash. Keep away from pregnant women

### HAEMOPHILUS MENINGITIS

**Definition :** It is a bacterial infection of the membranes covering the brain and spinal cord (meninges). *H. influenzae* meningitis is caused by *Haemophilus influenzae* bacteria.

**Incubation period:** 2 to 4 days

**Symptoms:** Fever, vomiting, lethargy, stiff neck and back

**Required absence from school:** Until doctor permits return.

## HEPATITIS A

**Definition :** It is one type of hepatitis – a liver disease – caused by the hepatitis A virus (HAV). The virus lives in poop (feces) from people who have the infection.

**Incubation period:** Variable-15 to 50 (average 28 to 30) days

**Symptoms:** Abdominal pain, nausea, usually fevers. Skin and eyes may or may not turn yellow

**Required absence from school:** 14 days from onset of clinical disease and at least 7 days from onset of icterus

## IMPETIGO

**Definition :** It is an infection of the skin caused by bacteria. Impetigo is commonly found on the face, often around the nose and mouth, but it can show up anywhere the skin has been broken.

**Incubation period:** 1 to 3 days

**Symptoms:** Inflamed sores, with pus

**Required absence from school:** 48 hours after antibiotic therapy started or until doctor permits return.

## MEASLES

**Definition :** It is caused by a virus in the paramyxovirus family. The measles virus normally grows in the cells that line the back of the throat and lungs.

**Incubation period:** 10 days to fever; 14 days to rash

**Symptoms:** It begins with fever, conjunctivitis, runny nose, cough, and then blotchy red rash

**Required absence from school:** 4 days from onset of rash.

## MENINGOCOCCAL MENINGITIS

**Definition:** It is an infection that causes swelling and irritation (inflammation) of the membranes covering the brain and spinal cord. It is caused by the bacteria *Neisseria meningitidis* (also known as meningococcus).

**Incubation period:** 2 to 10 (commonly 3 to 4)

**Symptoms:** Headache, nausea, stiff neck, fever.

**Required absence from school:** Until doctor permits return.

## MUMPS

**Definition:** It is the more common name for parotitis. It is a viral infection that causes your parotid glands to swell. Your parotid glands are located between your ear and jaw. These glands make the saliva (spit) that helps you chew and swallow food. Mumps is most common in children 2 to 12 years old who haven't received the mumps vaccine, but you can catch it at any age.

**Incubation period:** 12 to 25 (commonly 18) days

**Symptoms:** Fever, swelling and tenderness of parotid glands at angle of jaw

**Required absence from school:** 9 days after onset of swollen glands or until swelling disappears

## PEDICULOSIS (HEAD/BODY LICE)

**Definition:** Head lice are small wingless insects (bugs) that can get on your hair and scalp. Lice are parasites that feed on very small amounts of your blood. Lice bites may cause constant scratching, and lead to skin irritation or even infection.

**Incubation period:** 7 days for eggs to hatch

**Symptoms:** Frequent scratching, small red bumps or sores on the scalp, neck and shoulders, lice eggs, also

called nits, which look like tiny, oval shaped, white or clear dots. Nits usually stick at an angle on hair shafts.

**School policy:**

While lice do not pose any serious health threats to students or adults, they can be very uncomfortable, prove difficult to get rid of, and can spread quickly through direct contact with individuals or objects such as rugs and pillows that recently came into contact with lice. Any children who are infected with lice will be sent to the nurse's office and should be picked up by a parent/guardian as soon as possible.

Parents are notified by the nurse, that treatment must be done before children are allowed to return to school. When students return, they should be taken directly to the nurse. Students with nits will not be sent home, they can remain in school. The nurse will have to complete a check and verify that there are not lice presence. If lice are found children may not remain at school.

**RINGWORM OF THE SCALP (TINEA CAPITIS)**

**Definition:** It is a common mild infection of the scalp and hair that appears as scaly spots and patches of broken hair on the head. It is caused by mold-like fungi called dermatophytes. It usually affects children and disappears at puberty. However, it can occur at any age

**Incubation period:** 10 to 14 days

**Symptoms:** Scaly patch, usually ring shaped, on scalp

**Required absence from school:** No exclusion from school. Exclude from gymnasium, swimming pools, and contact sports

**SCABIES**

**Definition:** It is an itchy skin condition caused by the microscopic mite *Sarcoptes scabiei* that can live and multiply on skin.

**Incubation period:** 2 to 6 weeks initial exposure; 1 to 4 days reexposure

**Symptoms:** Tiny burrows in skin caused by mites

**Required absence from school:** Until 24 hours after treatment

**SCARLET FEVER, STREP THROAT**

**Definition:** Scarlet fever is an infection with a type of bacteria called Streptococcus, which not only causes a throat infection (strep throat), but also produce a toxin causing the distinctive rash scarlet fever. Some people are more sensitive to the toxin than others, so not everyone in a family who is infected will have the rash even if they have the throat infection. Some time the area of infection of this bacterium is on the skin, a condition called impetigo.

**Incubation period:** 1 to 3 days

**Symptoms:** Sudden onset, vomiting, sore throat, fever, later fine rash (not on face). Rash usually only with first infection.

**Required absence from school:** 24 hours after antibiotics started and no fever.

**WHOPPING COUGH (PERTUSSIS)**

**Definition:** Also called pertussis, is a respiratory tract infection that usually starts like a cold and then turns into a bad cough over time. It is an acute bacterial infection of the respiratory tract that is caused by *Bordetella pertussis*, a gram-negative bacterium. *B. pertussis* is a uniquely human pathogen that is transmitted from an infected person to susceptible persons, primarily through aerosolized droplets of respiratory secretions or by direct contact with respiratory secretions from the infected person.

**Incubation period:** 7 to 10 days

**Symptoms:** Head cold, slight fever, cough, and characteristic whoop after about 2

**Required absence from school:** 5 days after start of antibiotic treatment

If you have any questions, please contact with our School Nurse, Mary Okeke at [maryo@bfischool.org](mailto:maryo@bfischool.org)