

Communicable Disease School Nurse Guidance

	Disease/ Illness	Mode of Transmission	Symptoms	Incubation Period	Period of Communicability	Criteria for Exclusion from School*	Reporting Requirement	Prevention & Control Measures
EYE, EAR, NOSE, THROAT, AND RESPIRATORY	Bronchiolitis, Bronchitis, Common Cold, Croup, Ear Infection, Pneumonia, Sinus Infection and Most Sore Throats (respiratory diseases caused by many different viruses and occasionally bacteria)	Breathing in respiratory droplets containing the pathogen after an infected person exhales, sneezes, or coughs -Direct contact with respiratory secretions from an infected person -Touching a contaminated object then touching mouth, nose or eyes	Variable, including runny nose, watery eyes, fatigue, coughing, and sneezing. May or may not have fever	Variable	Variable, often from the day before symptoms begin up to 5 days after onset	No exclusion unless febrile or other symptoms meeting exclusion criteria are present	May depend of etiology/organism Report unusual illness, clusters of cases above baseline for group and time of year, or increased/unusual severity of illness to the local health department	Teach effective, handwashing, good respiratory hygiene and cough etiquette. Colds are caused by viruses; antibiotics are not indicated.
	Conjunctivitis, Bacterial or Viral (Pink eye) http://www.cdc.gov/conjunctivitis/index.html	Contact with an infected person's skin, body fluid or though contact with a contaminated surface and then touching mucus membranes/eyes	Red eyes, usually with some discharge or crusting around eyes; may be itchy, sensitive to light, or watery Bacterial: may have yellow/greenish discharge; may affect one or both eyes Allergic and chemical conjunctivitis usually affects both eyes	Bacterial: Unknown. Viral: Varies with etiology	Bacterial: from onset of symptoms until after start of antibiotics, or as long as there is discharge from the eye Viral: variable, before symptoms appear and while symptoms are present (Allergic and chemical conjunctivitis is not contagious.)	Bacterial, Viral, or unknown etiology: Exclude if conjunctivitis is accompanied by symptoms of systemic illness or if the child is unable to keep hands away from eye. Childcare rules: exclude if purulent drainage until after 24 hours of treatment. http://www.ilga.gov/commission/jcar/admincode/089/089004070G03100R.html	Not required to be reported May notify local health department of large clusters of cases or cases with unusual severity of illness	For all diseases: Good handwashing and hygiene practices; proper disposal of soiled tissues; avoid sharing linens; proper disinfection of surfaces and toys; cough into elbow or clothing when tissues unavailable.
	Influenza https://dph.illinois.gov/topics-services/diseases-and-conditions/infectious-diseases/cd-school-nurse-guidance/flu-facts-for-parents.html http://www.flu.gov/ http://ilga.gov/commission/jcar/admincode/077/077006900D04650R.html http://ilga.gov/commission/jcar/admincode/077/077006900D04680R.html http://ilga.gov/commission/jcar/admincode/077/077006900D04690R.html	Person to person by respiratory droplets created by coughing or sneezing, or though contact with a contaminated surface and then touching mucus membranes/eyes The virus can live on surfaces for several hours.	Sudden onset of fever, chills, headache, malaise, body aches, and nonproductive cough	1-4 days	Variable, from 24 hours before onset of symptoms, peaks during first 3 days of illness through 7 days	For 24 hours until both are true: fever-free without using fever-reducing medications and symptoms are improving overall. Upon return and for the next 5 days, CDC recommends enhancing hygiene practices, wearing a well-fitted mask and physical distance from others when indoors as much as possible. Criteria may differ in pandemic or novel/variant strain influenza situation.	Influenza deaths in persons<18 years of age. ICU admissions are reportable within 24 hours. Influenza A, variant virus cases are required to be reported immediately within 3 hours by healthcare providers.	Influenza: Annual influenza vaccine recommended for everyone 6 months and older, improve ventilation, wearing well-fitted masks, enhancing hygiene practices, and testing to inform actions.
	Mononucleosis (Mono), Infectious (most commonly due to EBV (Epstein-Barr Virus) About Infectious Mononucleosis (Mono) EBV and Mono CDC	Person to person, most commonly through bodily fluids, especially saliva. However, these viruses can also spread through blood and semen during sexual contact, blood transfusions, and organ transplantations.	Extreme fatigue, fever, sore throat, headaches, body aches, swollen lymph nodes in the neck and armpits, swollen liver, or spleen or both, rash. May have mild or no symptoms, especially in young children.	4-6 weeks after exposure, Epstein-Barr Virus (EBV) most common	Illness usually lasts 7 to 10 days but can vary person to person. Infected individuals may remain contagious for up to 6 months.	No contact sports for 4-6 weeks, or until cleared by student's physician.	Not reportable in Illinois.	Mononucleosis: Avoid kissing, sharing drinks and food, and using the same personal items that an infected person recently used.

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<p>Mumps http://www.cdc.gov/mumps/index.html http://ilga.gov/commission/icar/admincode/077/077006900D05500R.html</p>	<p>Contact with droplets from eyes or mouth of infected person</p>	<p>Fever with swelling and tenderness of one or both parotid glands located below and in front of the ears Unrecognized mild cases without swelling may occur.</p>	<p>12 to 25 days (usually 16 to 18 days)</p>	<p>Peak infectious time begins 1 to 2 days before swelling to 5 days after but may range from 7 days before to 9 days after. For the purpose of contact tracing and exclusions, the infectious period is 2 days before to 5 days after parotitis.</p>	<p>Exclude cases from school, childcare or workplace until 5 days after onset of parotitis.</p> <p>Note: daycare licensing rules require 9 days exclusion; refer to link below. http://www.ilga.gov/commission/icar/admincode/089/089004070G03100R.html</p> <p>Susceptible contacts should be excluded from school or the workplace from days 12-25 after last exposure.</p>	<p>Report case to local health department within 24 hours.</p> <p>Outbreaks: three or more probable or confirmed cases linked by time and place.</p>	<p>• Mumps: Timely immunization beginning at age 12 months; if outbreak occurs, unimmunized persons should be immunized or excluded for at least 26 days following onset of parotitis in last case.</p> <p>Whooping Cough: Timely immunization beginning at age 2 months; booster dose of Tdap is recommended at 11 years. All adults caring for children younger than 12 months should receive a booster dose of Tdap. Close contacts that are unimmunized should have pertussis immunization initiated. Chemoprophylaxis is recommended for targeted groups of close contacts regardless of age and immunization status. Contact the local health department for more information.</p> <p>Respiratory Syncytial Virus: Avoid sharing linens, toys, and other items</p>
<p>Pertussis (Whooping Cough) https://dph.illinois.gov/topics-services/diseases-and-conditions/infectious-diseases/cd-school-nurse-guidance/pertussis-facts-for-parents.html http://www.cdc.gov/pertussis/ http://www.ilga.gov/commission/icar/admincode/077/077006900D07500R.html</p>	<p>Contact with droplets from nose, eyes or mouth of infected person</p>	<p>Initially cold-like symptoms, later cough; may have inspiratory whoop, post-tussive vomiting</p>	<p>5 to 21 days (usually 7 to 10 days)</p>	<p>Before cough onset (with onset of runny nose), continuing until child has been on antibiotics for 5 days If untreated, infectious for 3 weeks after cough begins</p>	<p>School exclusion: Cases must be excluded from school until 5 days of appropriate antibiotic treatment is completed or 21 days after cough onset if no treatment is received.</p> <p>Susceptible contacts do not need to be excluded unless they become symptomatic.</p>	<p>Report as soon as possible, within 24 hours</p> <p>Outbreaks: Five or more cases epidemiologically linked</p>	<p>Respiratory Syncytial Virus: Avoid sharing linens, toys, and other items</p> <p>Staying up to date with vaccination for those eligible, improve ventilation, wearing well-fitted masks, enhancing hygiene practices, and testing to inform actions.</p> <p>Staying up to date with vaccination, improve ventilation, wearing well-fitted masks, enhancing hygiene practices, and testing to inform actions.</p>
<p>RSV https://dph.illinois.gov/topics-services/diseases-and-conditions/infectious-diseases/cd-school-nurse-guidance/rsv-facts-for-parents.html https://www.cdc.gov/rsv/ https://www.cdc.gov/respiratory-viruses/index.html</p>	<p>Highly contagious; contact with droplets from nose, eyes or mouth of infected person; virus can live on surfaces (toys, tissues, doorknobs) for several hours</p>	<p>Fever, runny nose, cough. May have wheezing</p>	<p>2 to 8 days (4 to 6 days most common)</p>	<p>Variable, from the day before until 3 to 8 days or longer; may last up to 3 to 4 weeks</p>	<p>For 24 hours until both are true: fever-free without using fever-reducing medications and symptoms are improving overall. Upon return and for the next 5 days, CDC recommends enhancing hygiene practices, wearing a well-fitted mask and physical distance from others when indoors as much as possible.</p>	<p>RSV deaths in persons <18 years of age and ICU admissions are reportable within 24 hours.</p>	<p>Staying up to date with vaccination for those eligible, improve ventilation, wearing well-fitted masks, enhancing hygiene practices, and testing to inform actions.</p> <p>Staying up to date with vaccination, improve ventilation, wearing well-fitted masks, enhancing hygiene practices, and testing to inform actions.</p>
<p>SARS-CoV-2 (COVID-19) https://www.cdc.gov/respiratory-viruses/index.html</p>	<p>Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus. Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.</p>	<p>May have no symptoms or can have any of the following: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat Congestion or runny nose, Nausea or vomiting, Diarrhea,</p>	<p>2-14 days</p>	<p>From 2 days before symptom onset through Day 10 after symptom onset</p>	<p>For 24 hours until both are true: fever-free without using fever-reducing medications and symptoms are improving overall. Upon return and for the next 5 days, CDC recommends enhancing hygiene practices, wearing a well-fitted mask and physical distance from others when indoors as much as possible.</p>	<p>COVID-19 deaths in persons <18 years of age and ICU admissions are reportable within 24 hours. Outbreaks with hospitalization or deaths related to COVID-19 involving 3 or more in a core group of individuals within a 10-day period or if the school is no longer able to safely operate</p>	<p>Staying up to date with vaccination, improve ventilation, wearing well-fitted masks, enhancing hygiene practices, and testing to inform actions.</p>

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	Touching eyes, nose, or mouth with hands that have the virus on them.	dermatologic manifestations.				and provide essential services.	<p>Strep Throat: Avoid kissing, sharing drinks or utensils; exclude infected adults from food handling; symptomatic contacts of documented cases should be tested, and if results are positive, should be treated.</p> <p>•Tuberculosis (TB): Routine TB skin testing is not recommended at this time for children; however, it is recommended that all adults who have contact with children in a child-care setting are screened for TB; local health department personnel should be informed for contact investigation.</p>
<p>Strep throat/Scarlet Fever https://dph.illinois.gov/topics-services/diseases-and-conditions/infectious-diseases/cd-school-nurse-guidance/strep-throat-facts-for-parents.html http://www.cdc.gov/groupaestrp/ http://www.ilga.gov/commission/jcar/admincode/077/077006900D06700R.html</p>	Contact with droplets from nose and mouth; close crowded contact, direct contact	Fever, sore throat with pus spots on tonsils, tender swollen glands Scarlet fever has above symptoms plus a sandpaper-like rash Symptoms may vary.	2 to 5 days	Highest during acute infection; no longer contagious within 24 hours after antibiotics	<p>Schools: Exclude until fever free without the use of fever-reducing medications or symptoms improving if fever not present AND on appropriate antibiotics for AT LEAST 12 hours. However, during outbreaks or in the setting of recurrent infection, IDPH recommends individuals stay home for at least 24 hours after on effective antibiotics AND fever free or symptoms improving if fever not present.</p> <p>Child Care: rules: Exclude until 24 hours after treatment has been initiated and until the child has been without fever for 24 hours; http://www.ilga.gov/commission/jcar/admincode/089/089004070G03100R.html</p>	Clusters of 10 epidemiologically linked cases of strep throat/scarlet fever within a 10-day period are reportable to the local health department. Invasive disease from streptococcal bacteria is reportable.	
<p>TB (tuberculosis) http://www.cdc.gov/TB/ http://www.ilga.gov/commission/jcar/admincode/077/07700696sections.html</p>	Airborne inhalation of droplets from nose and mouth of diseased person (children usually contract TB from close contact with a diseased adult)	Fever, fatigue, weight loss, cough (lasting 3+ weeks), night sweats, loss of appetite	2 to 10 weeks to years; risk of developing disease is highest 6 months to 2 years after infection	Individuals with infection but without active disease (latent TB) are not infectious. Individuals with active disease are infectious until treatment.	For active disease: after therapy started, adherence documented, symptoms diminished, and determined to be non-infectious; consult with public health officials; no exclusion for latent infection	Report suspect or confirmed TB cases to local health department within 7 days	
Gastroenteritis-(Vomiting and/or diarrhea): Bacterial							
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">GASTROINTESTINAL ILLNESSES</p> <p> About Campylobacter infection CDC Section 690 </p>	Ingestion of undercooked meat, contaminated food or water, or raw milk	Diarrhea (may be bloody), abdominal pain, malaise, fever	1-10 days, usually 2-5 days	Throughout illness (usually 1-2 weeks, but up to 7 weeks without treatment)	Exclude until diarrhea has ceased for at least 24 hours; additional restrictions may apply.	Cases of campylobacteriosis are reportable to the local health department within 7 days.	<p>For all gastroenteritis diseases: Good handwashing and hygiene; proper disposal of dirty diapers; proper disinfection of changing tables, toys and food preparation areas. Avoid potentially contaminated beverages, food and water; divide food preparation and diapering responsibilities among staff Enhanced environmental cleaning with EPA registered product labeled for efficacy against organism</p> <p>Acute gastroenteritis cluster is defined as 4 or more persons with acute onset of vomiting and/or diarrhea (3 or more loose stools in a 24 hour period) in a classroom or otherwise defined group of students, or cases in more than 10% of the school/daycare's census in a single day. Consult with Local Health</p>

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							Department for requirements for cases and contacts to return to work, school, and daycare settings •Gastroenteritis-Bacterial: Proper cooking/handling of meats and raw eggs; Reptiles should not be permitted in child care centers.
C. diff (clostridium difficile) infections C. diff CDC	Person-to-person through inadequate handwashing or on contaminated objects or surfaces, and ingestion of spores	Diarrhea, may have fever, nausea, abdominal cramping	Unknown, likely less than 7 days	During active infection (while symptomatic); can continue to shed spores when asymptomatic	Exclude while symptomatic and until diarrhea has ceased for 24-48 hours	Individual cases do not have to be reported. Clusters of cases should be reported to the local health department.	C. diff: Alcohol-based hand hygiene products do not inactivate C. difficile spores; soap and water must be used. Sporicidal or bleach-based products are recommended for cleaning and disinfection.
E. coli infections (E. coli O157:H7 and Other Shiga Toxin Producing E. coli)) About Escherichia coli Infection E. coli infection CDC Section 690	Fecal-oral: person-to person, from contaminated food or liquids, contact with infected animals	Profuse, watery diarrhea, sometimes with blood and/or mucus, abdominal pain, fever, vomiting	Variable, usually 2-10 days; for E. coli O157:H7 commonly 3-4 days	Typically, one week or less in adults or up to 3 weeks in children	School: Exclude until diarrhea, vomiting, and fever have ceased for at least 24 hours; additional restrictions may apply. Release specimens shall be required for food handlers, health care workers, and sensitive occupations. Daycare: If below the age of 5 or incontinent of school, exclude until two consecutive negative release specimens are obtained.	Report cases as soon as possible within 24 hours.	
Salmonellosis Salmonella Infection Salmonella Infection CDC Section 690	Fecal-oral: person-to person, contact with infected animals or via contaminated food	Abdominal pain, diarrhea (possibly bloody), fever, nausea, vomiting, dehydration	Average 12-36hrs (range: 6hrs-72 hours)	During active illness and until organism is no longer detected in feces	Exclude until diarrhea, vomiting, and fever have ceased for at least 24 hours; additional restrictions may apply. Release specimens shall be required for food handlers, health care workers, and sensitive occupation.	Report cases as soon as possible within 7 days	
Shigellosis http://www.cdc.gov/shigella/ Section 690	Fecal-oral: frequently person-to-person; also via contaminated food or water	Abdominal pain, diarrhea (possibly bloody), fever, nausea, vomiting, dehydration	Average 1-3 days (range 12-96hrs)	During active illness and until no longer detected; treatment can shorten duration	Exclude until diarrhea, vomiting, and fever have ceased for at least 24 hours; additional restrictions may apply. Release specimens shall be required for food handlers, health care workers, and sensitive occupations.	Report cases as soon as possible within 7 days	
Gastroenteritis- (Vomiting and/or diarrhea): Viral							
Norovirus https://dph.illinois.gov/topics-services/diseases-and-conditions/infectious-diseases/cd-school-nurse-guidance/norovirus-facts-for-parents.html http://www.cdc.gov/norovirus/	Contact with food, water or surfaces contaminated with vomit or feces, person-to-person, aerosolized vomit	Nausea, vomiting, watery diarrhea, abdominal pain, possibly low-grade fever, chills, headache Duration of symptoms usually 12-72 hours	Average 24-48hrs (range: 12-72hrs)	Usually from onset until 2-3 days after recovery; typically, virus is no longer shed after 10 days	Exclude until diarrhea, vomiting, and fever have ceased for 24hours Exclude from food handling for 48 hours after recovery	Individual cases do not have to be reported. Clusters of cases should be reported to the local health department.	•Gastroenteritis-Viral: •Norovirus: Norovirus is highly infectious and is frequent cause of outbreaks. Staff cleaning vomitus/stool spills should wear mask as aerosolization of virus can occur; cleaning and disinfection with product with EPA label for norovirus or use

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	Rotavirus http://www.cdc.gov/rotavirus/	By the fecal-oral route through direct contact or contact with contaminated hands, objects, food, or water	Diarrhea, nausea, vomiting, fever, abdominal pain; may have loss of appetite and dehydration	Average: 2 days	Usually from onset until 3 days after recovery	Exclude until diarrhea, vomiting, and fever have ceased for 24 hours Exclude from food handling for 48 hours after recovery	Individual cases do not have to be reported. Clusters of cases should be reported to the local health department.	bleach solution. Contact local health department for guidelines. <ul style="list-style-type: none"> • Rotavirus: Spreads easily; good handwashing helps prevent spread. Vaccination is available for infants. • Hepatitis A: Timely immunization at 12 months of age; consider hepatitis A vaccine for caregivers; infected caregivers should not prepare meals for others. Contact local health department for guidance • Cryptosporidiosis: For people with weakened immune systems, symptoms can be severe and could lead to severe or life-threatening illness. Alcohol-based hand sanitizers are not effective against Crypto. Contact local health department for guidelines. • Pinworms: Frequent, good handwashing, particularly by infected child and any caregivers assisting with toileting; keep fingernails clean and short; prevent fingers in mouth; bed linen and underclothing of infected children should be handled carefully, not shaken and laundered promptly 	
	Hepatitis A http://www.cdc.gov/hepatitis/ http://ilqa.gov/commission/icar/admincode/077/077006900D04500R.html	By the fecal-oral route through direct contact, person to person, or ingestion of contaminated food or water	Fever, loss of appetite, nausea, abdominal discomfort and weakness followed by jaundice. Many unrecognized mild cases without jaundice occur, especially in children	From 15-50 days, average 28-30 days	Communicability greatest in 2 weeks before onset of illness, and through 7 days after onset of jaundice	Exclude from school and daycare for 7 days after onset of jaundice or for two weeks after onset of symptoms if no jaundice present Exclude food handlers, healthcare workers, or workers in sensitive occupations for 7 days after onset of jaundice, or two weeks after onset of initial symptoms, if jaundice is not present	Report cases as soon as possible within 24 hours. Outbreaks: Two or more cases linked by time and place.		
	Gastroenteritis: Parasitic								
	Giardiasis About Giardia Infection Giardia CDC	By the fecal-oral route, ingestion of contaminated food or water, person-to-person transmission of cysts from infected feces; contaminated water (e.g. water play tables)	Nausea, bloating, pain, and foul-smelling watery diarrhea, excessive flatulence, nausea and stomach cramps; symptoms can recur several times over a period of weeks. May be asymptomatic.	Average 7-10 days (range 3-25+ days)	Highly variable but most infectious during diarrhea phase.	Exclude until diarrhea has ceased for at least 24 hours; may be relapsing; additional restrictions may apply	Individual cases do not have to be reported. Clusters of cases should be reported to the local health department.		
	Cryptosporidiosis About Crypto Infections Cryptosporidium ("Crypto") CDC http://ilqa.gov/commission/icar/admincode/077/077006900D03650R.html Preventing and Controlling Crypto at Childcare Facilities Cryptosporidium ("Crypto") CDC	By the fecal-oral route, ingestion of fecally contaminated food or water, contact with infected animals, consumption of contaminated unpasteurized food and drinks	Diarrhea, which can be profuse and watery, preceded by loss of appetite, vomiting, abdominal pain; asymptomatic cases can spread the infection to others; symptoms can come and go for up to 30 days	Range 1-12 days Commonly 7 days	As long as the oocysts are being shed, typically days to weeks. Shedding may persist after symptoms resolve.	Exclude until diarrhea has ceased for at least 24 hrs; exclude from food handling and working in sensitive occupations for 48 hrs after recovery; exclude from swimming in public pools (or any recreational water venue) while symptomatic and for 2 weeks after symptoms resolve	Report cases as soon as possible within 7 days		
Pinworms (Enterobius vermicularis) About Pinworm Infection Pinworm Infection CDC	Pinworms lay microscopic eggs near rectum, causing itching; infection spreads through ingestion of pinworm eggs, after contamination of hands by scratching	Often asymptomatic, but itching around the anus is a common symptom	1 to 2 months or longer	Eggs may survive up to 2 weeks after appropriate therapy and resolution of rectal itching; re-infection is common	None	Not reportable			
MENINGITIS	Meningitis								
	Bacterial About Bacterial Meningitis Meningitis CDC Haemophilus influenzae type B (Hib bacteria) Risk Factors for Haemophilus influenzae	Contact with droplets from nose, eyes or mouth of infected person	Sudden onset, severe headache, fever, nausea, vomiting, stiff neck May have petechial rash with Neisseria meningitidis	Hib: Unknown (usually 1 to 10 days)	Unknown; communicable for as long as the organisms are present in the nasopharynx. No longer communicable after 24	Exclude until after at least 24 hours of antibiotic treatment received, including antibiotics to eliminate carrier state Exclusion of contacts not indicated.	H. influenza, Invasive disease and meningitis, Reportable as soon as possible, within 24 hours	• Bacterial Meningitis: If meningitis is suspected, follow up with a healthcare provider should occur as soon as possible.	

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Disease H. influenzae CDC http://ilga.gov/commission/icar/admincode/077/077006900D04410R.html		Can have behavioral changes including altered mental status		hours of antibiotic therapy			<ul style="list-style-type: none"> • Hib: Vaccination is recommended for children <age 5 years and for certain at-risk groups. Exposures may need antibiotic prophylaxis. • Meningococcal: Contacts with saliva contact/exposure should receive antibiotic prophylaxis. Vaccination is recommended for children and teens, and certain at-risk groups. • Pneumococcal: Treatment of contacts is not recommended. Vaccination is recommended for children and certain at-risk groups. 	
Neisseria meningitidis (Meningococcal bacteria) http://ilga.gov/commission/icar/admincode/077/077006900D05550R.html		May have invasive disease with bacteremia or pneumonia	Neisseria meningitidis: 1 to 10 days (usually less than 4 days)	Reportable as soon as possible, within 24 hours				
Streptococcus pneumoniae (Pneumococcal bacteria) http://ilga.gov/commission/icar/admincode/077/077006900D06780R.html			Pneumococcal: Variable (usually less than 4 days)	Reportable when invasive disease is present in children less than 5 years of age within 7 days				
Virial (usually enterovirus) About Viral Meningitis Meningitis CDC	Contact with droplets from nose, eyes or mouth of infected person or fecal material, often from healthy people	Sudden onset, severe headache, fever, nausea, vomiting, stiff neck, behavioral changes	3 to 6 days	Viral shedding can occur from the day before illness until up to 2 weeks after onset.	Exclude until fever resolved for at least 24 hours without the use of fever-reducing medication.	Individual cases are not reportable. Clusters of cases are reported to local health department.	<ul style="list-style-type: none"> • Virial Meningitis: no specific treatment, no treatment for contacts recommended; teach importance of basic hygiene, hand hygiene, covering mouth and nose when coughing and sneezing, proper disposal of used Kleenex/tissues 	
SKIN CONDITIONS AND RASHES								
SKIN CONDITIONS AND RASHES	Chickenpox (Varicella) http://www.cdc.gov/chickenpox/ http://ilga.gov/commission/icar/admincode/077/077006900D03500R.html	Contact with the chickenpox rash or breathing in respiratory droplets containing the pathogen after an infected person exhales, sneezes, or coughs	Fever and generalized rash. There are usually two or three crops of new blisters that scab over then heal, sometimes leaving scars. Disease in vaccinated children can be mild or absent of fever with few lesions, which might not be blister-like.	Range 10-21 days Commonly 14-17 days	Until lesions have crusted	Exclude until all lesions have crusted (and at least 5 days) For vaccinated children with atypical rash: exclude until afebrile and no new lesions have developed for at least 24 hours Day Care licensing requirements: exclude at least 6 days after rash onset http://www.ilga.gov/commission/icar/admincode/089/089004070G03100R.html No exclusion of susceptible contacts <i>unless</i> in a healthcare facility/setting.	Cases are reportable as soon as possible but within 24 hours. Outbreaks are defined as 3 or more cases that are epidemiologically linked.	All Diseases: Good handwashing and hygiene practices; proper disposal of soiled tissues; avoid sharing linens, hair supplies, or clothing items; proper disinfection of surfaces and toys; avoid scratching skin and lesions; avoid direct contact with skin lesions; keep skin lesions covered where possible; recommend nails be kept short and trimmed when itchy lesions are present. Standard precautions. <ul style="list-style-type: none"> • Chicken Pox: vaccination recommended prior to school entry; susceptible contacts: families should be notified of risk of chicken pox and monitor for symptoms.
	Fifth Disease (Human Parvovirus) About Parvovirus B19 Parvovirus B19 and Fifth Disease CDC	By breathing in respiratory droplets containing the pathogen after an infected person exhales, sneezes, or coughs	Redness of the cheeks and body, "slapped cheek" rash. May have mild fever, runny nose, headache. Rash may come and go for weeks	Range 4-20 days	Until rash appears In immunosuppressed persons, communicability may last months-years	No exclusion unless febrile or other symptoms meeting illness exclusion criteria are present	Not reportable	
	German Measles (Rubella) http://www.cdc.gov/rubella/	Contact with droplets from nose, eyes or mouth of infected person; may be transmitted to fetus across the placenta	Red or pink rash appearing on face then spreading down the body; sore throat;	14 to 23 days (usually 16 to 18 days)	From 7 days before until 7 days after the rash appears	Exclude cases for 7 days after the onset of the rash.	Reportable as soon as possible, within 24 hours	

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http://ilga.gov/commission/icar/admincode/077/07700690D06200R.html		swollen glands behind ears; low grade fever; may have joint pain		Infants with congenital rubella can shed the virus for months.	Exclude susceptible contacts from school or the workplace from days 7-23 following rash onset after last exposure.		
Hand, Foot & Mouth Disease (Coxsackie Virus and Enterovirus Diseases) http://www.cdc.gov/hand-foot-mouth/index.html	By breathing in respiratory droplets containing the pathogen after an infected person exhales, sneezes, or coughs -Touching feces or objects contaminated with feces, then touching mouth	Rash in mouth, hands (palms and fingers), and feet (soles); fever; loss of appetite; may be asymptomatic.	Range 3-5 days	Most commonly during the first week of illness. Can persist days to weeks after symptoms resolve.	Exclude with febrile illness or other symptoms meeting illness exclusion criteria. Exclude if child cannot maintain hygiene (e.g. excessive drooling) or avoid contact with others.	Individual cases are not reportable. Clusters of 10 epidemiologically linked suspect or confirmed cases within a 10 day period should be reported to local health department.	
Head Lice (Parasite) About Lice Lice CDC	Direct close person to person contact; less commonly through contact with contaminated objects	Itching and scratching of scalp; presence of live lice or pinpoint-sized white eggs (nits) that will not flick off the hair shaft	Commonly 7-10 days	While live lice are present	Childcare rules: exclude until the morning after the first treatment http://www.ilga.gov/commission/icar/admincode/089/089004070G03100R.html CDC advises that students diagnosed with live head lice do not need to be sent home early from school ; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun.	Not reportable	
Herpes Simplex (cold sores, skin lesions) HSV1 (cold sores) HSV2 (genital lesions)	Direct person to person contact with lesions, secretions form lesions, or saliva	Primary infections may have no symptoms; may have fever or malaise; may or may not have rash, vesicular lesions, or ulcers at site, "fever blister"/cold sore HSV 1 and HSV2 lesions can appear on other parts of the body.	2-12 days	Most infectious while vesicular lesions are present. May be present with no symptoms	Exclude from wrestling or contact sports (including practices) if lesions are present on the body (outside the genital area) If large areas of lesions cannot be covered or if exposure to infectious lesions by other students cannot be avoided, the student should be excluded until lesions are dried and crusted.	Individual cases are not reportable. Clusters of 2 or more suspect or confirmed cases within a 5 day period that are epidemiologically linked should be reported to the local health department.	
Impetigo (Staphylococcus or Streptococcus bacteria) http://www.cdc.gov/groupAstrp/index.html https://www.cdc.gov/mrsa/prevention/schools-and-daycares.html	Direct skin contact (especially through contaminated hands) or nasal discharge or contaminated surfaces	Small red pimples or fluid filled blisters with crusted yellow scabs; most often found on face but may be anywhere on body	7 to 10 days	Until active crusting lesions are gone or after 24 hours on antibiotics	Sores should be covered and child excluded at the end of the day, to return 24 hours after treatment is started.	Individual cases are not reportable. Clusters of cases should be reported to local health department.	
Measles (Rubeola virus) Clinical Overview of Measles Measles (Rubeola) CDC http://ilga.gov/commission/icar/admincode/077/07700690D05200R.html	Airborne or direct contact with droplets from nose, eyes or mouth of infected person	Cough, runny nose, conjunctivitis, fever, rash that starts at head and spreads down and out on body; sore throat; may have Koplik's spots	7 to 21 days (usually 8 to 12 days)	From 4 days before until 4 days after rash onset. Extremely contagious!	Exclude for at least 4 days after start of rash. Susceptible contacts: Those who do not receive vaccine within 72 hours of exposure shall be excluded for 21 days after onset of last case.	As soon as possible, within 3 hours.	
Mpox	Direct skin contact with infected persons rash, scabs or body fluids, touching objects, fabrics (clothing,	Fever, headache, muscle aches/backache, swollen lymph nodes, chills,	Roughly 1 to 2 weeks. If flu-like symptoms	From onset of prodrome until the rash has healed, all	Exclude until the rash has healed, all scabs have fallen off	As soon as possible, within 24 hours.	

• **Measles:** Vaccination is recommended prior to school entry.

Disease/ Illness	Mode of Transmission	Symptoms	Incubation Period	Period of Communicability	Criteria for Exclusion from School*	Reporting Requirement	Prevention & Control Measures
	towels, bedding) and surfaces that have been used by someone with MPV or contact with respiratory secretions.	exhaustion, respiratory symptoms (sore throat, nasal congestion, or cough), and a rash that may be located on or rear the genitals or anus but can be located other places like the hands, feet, chest, face and mouth. The rash might look like pimples or blisters and may be painful or itchy.	develop, they usually develop a rash 1 to 4 days later.	scabs have fallen off and a fresh layer of skin has formed. This illness typically lasts 2 to 4 weeks. Prodrome of fever, malaise, headache sometimes sore throat and cough, and lymphadenopathy usually occurs 1-2 days before rash onset.	and a fresh layer of skin has formed.		
MRSA (Methicillin-resistant Staph aureus) skin infections Methicillin-resistant Staphylococcus aureus (MRSA) Basics MRSA CDC Schools and Daycares: MRSA Prevention and Response MRSA CDC http://ilga.gov/commission/icar/admincode/077/07700690/0D06580R.html	Direct skin contact with infected person, wound drainage or contaminated surfaces; increase risk in crowded conditions; occasional transmission by droplet over short distances	Skin lesions such as furuncles (abscessed hair follicles or "boils"), carbuncles (coalesced masses of furuncles), and abscesses; may have purulence (pus), yellow/white central point, redness	Variable, usually 4-10 days and up to months; at times initially mistaken as spider bite	Duration of acute illness if wound drainage present Draining wounds are very contagious and should be covered at all times.	Exclude if wound drainage cannot be well contained under a dressing. Exclude from high-risk activities such as contact team sports if wound cannot be completely covered with a secure bandage that will remain intact throughout sport activity, until completely healed Exclude from use of pools/whirlpools, etc. until wounds are healed	Individual cases are not reportable. Clusters of 2 or more cases with infections in a 14-day period and with an epidemiological link should be reported to local health department.	<ul style="list-style-type: none"> •MRSA: Keep skin lesions covered. Environmental cleaning and disinfection as recommended. •Preventing Methicillin-resistant Staphylococcus aureus (MRSA) MRSA CDC
Molluscum contagiosum http://www.cdc.gov/poxvirus/molluscum-contagiosum/	Person to person close contact; through sharing of objects such as towels	Small flesh colored bumps on the skin that may have a tiny indented center	2 to 7 weeks, as long as 6 months	When lesions are present; otherwise unknown	No exclusion. Provide education on importance of hand hygiene and avoiding scratching areas.	Individual cases are not reportable. Clusters of cases should be reported to local health department.	
Ringworm (e.g. <i>tinea corporis</i> , <i>tinea capitis</i>) Ringworm and Fungal Nail Infections Basics Ringworm CDC	Direct skin contact with infected person or animal, or contact with surfaces or objects contaminated with fungal spores	Skin: red circular patches with raised edges and central clear area; cracked peeling skin between toes; Scalp: redness, patchy scaly areas with/without hair loss Can occur in multiple sites on the body	Typically 4 to 14 days after exposure	From onset of lesions until treatment begins and lesion begins to shrink	If lesion can be kept covered, exclusion are not required. If lesions can NOT be kept covered, exclude from school until 24 hours after treatment begins.	Individual cases are not reportable. Clusters of cases should be reported to local health department.	
Scabies About Scabies Scabies CDC	Prolonged skin-to-skin contact with infested individual; contact with bedding or clothes of infested person	Red bumps commonly found in skin folds; burrows appear as tiny whitish or gray lines on skin surface; intense itching, especially at night	4 to 6 weeks, 1 to 4 days after re-exposure	From up to 8 weeks before skin rash appears until it has been treated with a scabicide	Exclude from school and other extracurricular activities until the morning after treatment recommended by the child's healthcare provider has been started. Childcare rules: exclude until the morning after the first treatment. http://www.ilga.gov/commission/icar/admincode/089/089004070G03100R.html	Individual cases are not reportable. Clusters of cases should be reported to local health department.	

Disease/ Illness	Mode of Transmission	Symptoms	Incubation Period	Period of Communicability	Criteria for Exclusion from School*	Reporting Requirement	Prevention & Control Measures
Shingles/Zoster Shingles (Herpes Zoster) CDC Shingles (Herpes Zoster) CDC	Direct contact with the rash during blister phase	Painful rash that develops typically on one side of the body; may have fever, headache, chills, nausea	None. Anyone with history of chicken pox can develop shingles.	Shingles cannot be passed from one person to another, but during the blister phase of rash, direct contact with blister fluid of shingles rash can cause chicken pox in non-immune persons. When crusted over, rash is no longer infectious.	Exclude if rash cannot be covered, or if child cannot comply with keeping rash covered until crusted over. Exclude if febrile or other symptoms meeting illness exclusion criteria are present	Individual cases are not reportable. Clusters of cases should be reported to local health department.	
Animal Bites							
Bat Exposures/Animal Bites (Potential for Rabies) http://ilga.gov/commission/jcar/admincode/077/077006900D06000R.html http://www.ilga.gov/legislation/ilcs/ilcs3.asp?ActID=1704 Day Care Rules: Animals http://www.ilga.gov/commission/jcar/admincode/089/08904070F03000R.html	Contact with an infected animal's saliva through a bite or scratch in the skin, or through mucous membrane exposure (e.g. eyes, nose, mouth); contact with an infected animal's brain tissue or cerebrospinal fluid	In animals, behavior changes may occur, including seeing nocturnal animals during daylight hours, or wild animals allowing humans to approach. Animal may have excessive salivation, difficulty walking, or a stunned appearance. A domestic animal may be unusually aggressive or overly docile. Bats may be on the ground due to difficulty flying. In humans, the person may be apprehension. Symptoms include headache, fever, malaise, and subtle changes in personality or cognition.	Humans: symptom onset usually from 1 to 8 weeks but can appear days to years following exposure Bites to head and neck usually have sooner onset of symptoms. Once symptoms appear, rabies is almost always fatal. Animals: weeks to months	When the virus reaches the saliva of the infected animal Virus excretion may be intermittent. Animal may or may not show symptoms.	No exclusion. If a bite or scratch occurs, notify parents and refer individual for medical treatment by or under the direction of a physician.	Report potential human exposure to rabies as soon as possible, within 24 hours Report animal bites or contact with a bat to the local public health department as soon as possible.	Bat exposures and animal bites occasionally occur on school grounds or while students are in route to school. Educate students to avoid any domestic or wild animal that is acting strangely, is sick, or is unfamiliar to them Teach students to report any contact with a wild animal or an unfamiliar domestic animal, and to report any bites or scratches from any animal If a bite or scratch occurs: 1. Provide first aid to the child; flush the wound with lots of water; clean the wound with soap and water, then rinse it well; refer for medical treatment by or under the direction of a physician; 2. If you can, confine the animal; if not, note the size, appearance, and any distinguishing characteristics of the animal. If available, write down the name, phone number and address of the owner and the events surrounding the bite. If the animal escapes, it is particularly important to get as much information as possible; and 3. Report the bite to the local health department and animal control.

*Exclusion criteria are not all inclusive. Students or staff may need to be excluded from group setting such as classroom or extra-curricular events if other exclusion criteria are present, such as individual is unable to participate comfortably in program activities, illness calls for greater care than staff can provide without compromising the health and safety of other children, there is a risk of spread of a harmful disease to others, or the presence of fever, lethargy, persistent crying, difficulty breathing, or other signs of illness. Schools and daycare facilities should have policies in place to address illness exclusion. School and Daycare staff with concerns or questions about communicable diseases should contact the local health department for guidance.

Tips for keeping healthy:

- **Hand washing is the single most important way to prevent the spread of communicable diseases.** Use soap, warm water and disposable paper towels and wash your hands frequently. Teach children to wash their hands, too. Hand washing reduces the number of microorganisms on hands that can spread communicable diseases. It is recommended that:
 - Hands be washed when arriving for the day and leaving for the day and when moving between groups of children, and as follows:
 - Before and after eating or handling food, feeding a child, administering medication, or playing in water used by more than one person
 - After diapering or using the toilet; handling any bodily fluid, uncooked food, or animals; cleaning cages/litterbox; being outdoors, playing in sandboxes or at playgrounds; and/or cleaning or handling trash/garbage.
- **Open the window to let the fresh air in!** Well-ventilated rooms help reduce the numbers of airborne germs inside. Airing out the rooms is important, even in the winter. Respiratory diseases easily spread from coughs and sneezes. Opening the window at least once a day lets the germs out and fresh air in.
- **Follow a good cleaning schedule and sanitize or disinfect in the proper way.**
 - Guidance on cleaning and disinfection in schools is available at [How To Clean and Disinfect Early Care and Education Settings | Water, Sanitation, and Environmentally Related Hygiene \(WASH\) | CDC](#)
 - Consider utilizing a chart to ensure all areas are addressed for cleaning, identifying the appropriate sanitizing or disinfection method, and according to schedule.
 - Increase frequency of cleaning and disinfection during illness outbreaks, when there is known contamination, when there is visible soil, blood, or bodily fluids, or when recommended by the local health department.
 - Remember a surface must first be clean for a sanitizer or disinfectant to be effective. Follow product label instructions for use.
- **Require that children are up to date on immunizations.** An immunization schedule is available at [Vaccine Schedules | Childhood Vaccines | CDC](#). Check immunization records and update them regularly. When parents have questions or concerns about immunization safety, provide them with science-based educational materials available at CDC: [About Vaccines for your Children | Childhood Vaccines | CDC](#) and the [Immunization Action Coalition](#) at <https://www.immunize.org/clinical/vaccine-confidence/>.
- **Do not share personal items among children and keep their belongings separate.** Do not allow children to share belongings such as hairbrushes, food, drinks, clothing, hats, pacifiers or other items; separate children's coats, hats, and bedding items.
- **Separate children by using space wisely:**
 - Maintain distance between sleeping areas, mats, cribs or cots.
 - Keep children in groups and consistently assign caregivers to the same group.
 - Keep diapered and toilet-trained children separate to prevent spread of diarrheal diseases.
 - When possible, staff responsible for food handling should not be involved in diaper changing, or at a minimum, should not perform diapering during times of food preparation and handling.
- **Exclude sick children and staff:** Ensure that parents receive information on when to keep ill children at home and other school exclusion policies, sending a sick child home with his/her parent helps to prevent the other children from becoming ill with a communicable disease.



