

Management of Select Infectious Diseases in School Settings

Disease Name	Overview	Symptoms	Prevention	Exclusion
SKIN and RASH*				
Chicken Pox (varicella infection)  	Infection caused by the varicella-zoster virus	- Rash (small, red, blistering bumps) - Fever - Runny nose - Cough	- Varicella vaccine - Proper surface sanitation - Keep room well ventilated - Regular and thorough handwashing	- Contact local health department within 24 hours - Exclude until all lesions are crusted
Fifth Disease (Erythema Infectiosum)	Infection caused by Human Parvovirus B19	- Fever, headache - Muscle and joint aches - Red, lace like rash on cheeks, torso, arms, and thighs that lasts 1- 3 weeks	- Proper surface sanitation - Disposal of tissues contaminated with blood or mucus - Regular and thorough handwashing - Can be harmful to fetus	Exclusion not required
Hand Foot and Mouth Disease (Coxsackievirus)	Infection caused by Coxsackievirus, more common in summer and fall	- Tiny blisters in the mouth, on the fingers, palms or hands, buttocks, and soles of feet - Common cold like symptoms (sore throat, runny nose, cough, fever)	- When coughing or sneezing cover mouth and nose with a disposable tissue - Regular and thorough handwashing especially after handling contaminated tissues or changing diapers - Ensure proper surface disinfection	Exclusion not required
Impetigo	Infection caused by Streptococcal or Staphylococcal bacteria	Small, red pimples or fluid-filled blisters with crusted, yellow scabs on the skin	- Wash infected areas and cover any open sores or wounds - Proper surface sanitation - Regular and thorough handwashing	Exclude until 24 hours after treatment has started
Measles (Rubeola)  	Infection caused by the measles virus, highly contagious Eliminated in the United States, but travel-related cases can occur	- Fever, cough, runny nose, red and watery eyes - Small, red spots in mouth - Rash spreading from the hairline downward	- MMR vaccine required - Proper surface sanitation - Regular and thorough handwashing	- Contact Local Health Department immediately - Exclude for at least four days after the beginning of the rash - Exclude exposed, non-immunized children

*Color of rash may appear differently depending on individual's skin pigment or type of rash.

For further
information
contact:

CD Nurse at your Local Health Department

Vaccine Preventable
Disease

Reportable for
1+ cases

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disease. If you suspect an outbreak, call
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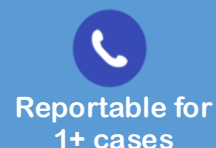
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Ringworm	Infection caused by several kinds of fungi, may affect the body, feet, or scalp	• Red, circular patches on the skin • Cracking and peeling of skin between toes • Redness, scaling of scalp	• Cover skin lesions • Do not share objects that come in contact with the head (hats, brushes, bedding, etc.) • Treat other affected household members • Regular and thorough handwashing	• Exclude at the end of the school day that the infection is identified and until treatment is started
Roseola (Human Herpesvirus 6)	Viral infection causing a rash in children 6-24 months old	• High fever • Red, raised rash	• When coughing or sneezing cover mouths and noses with a disposable tissue • Regular and thorough handwashing	• Exclusion not required
Rubella (German Measles) 	Uncommon, mild infection caused by Rubella virus Eliminated in the United States	• Red or pink rash on the face and body • Swollen glands behind ears • Slight fever	• MMR vaccine required • Regular and thorough handwashing • Can be very harmful to fetus	• Contact Local Health Department within 24 hours • Exclude for seven days after the beginning of the rash • Exclude exposed, non-immunized children
Scarlet fever	Infections caused by Group A <i>Streptococcus</i> bacteria	• Sunburn-like rash with tiny bumps that may itch • Fever, sore throat, swollen glands • Yellow or white coating on tongue and throat	• Avoid direct contact with potentially infected individuals • When coughing or sneezing cover mouth and nose with a disposable tissue • Regular and thorough handwashing	• Exclude until antibiotics administered for at least 12 hours and no fever is present

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RESPIRATORY				
COVID-19 	COVID-19 is a disease caused by the SARS-CoV-2 virus, a coronavirus not previously seen in humans before 2019.	• 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	• COVID-19 vaccine is recommended for everyone 6 months of age and older • Avoid being exposed to anyone who is sick • When coughing or sneezing cover mouth and nose with a disposable tissue • Regular and thorough handwashing • Wear a well-fitting mask if recently exposed to a respiratory virus, are sick, or are recovering	• CDC: When Students or Staff are Sick • Exclude until the child is fever free** for at least 24 hours • AND respiratory virus symptoms are getting better overall for at least 24 hours. • Students and staff returning after a respiratory illness can consider additional actions to reduce spread
Influenza 	Infection caused by the Influenza virus	• Fever, chills, or headache • Cough and sore throat • Muscle or body aches • Fatigue • Congestion or runny nose • Shortness of breath or difficulty breathing • Nausea, vomiting, or diarrhea	• Flu vaccine is recommended for everyone 6 months of age and older • Avoid being exposed to anyone who is sick • When coughing or sneezing cover mouth and nose with a disposable tissue • Regular and thorough handwashing • Wear a well-fitting mask if recently exposed to a respiratory virus, are sick, or are recovering	• CDC: When Students or Staff are Sick • Exclude until the child is fever free** for at least 24 hours • AND respiratory virus symptoms are getting better overall for at least 24 hours. • Students and staff returning after a respiratory illness can consider additional actions to reduce spread

**Fever free = The child has not had a fever (and is not using fever-reducing medicine) for at least 24 hours.

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RESPIRATORY				
RSV (Respiratory Syncytial Virus) 	Viral infection caused by Respiratory Syncytial virus, usually causes cold-like symptoms, occurs mostly in winter and early spring	• Cold-like symptoms • Respiratory problems (wheezing, difficulty breathing)	• Proper sanitation of hard surfaces and toys • When coughing or sneezing cover mouth and nose with a disposable tissue • Dispose of tissues contaminated with mucus • Regular and thorough handwashing	• CDC: When Students or Staff are Sick • Exclude until the child is fever free** for at least 24 hours • AND respiratory virus symptoms are getting better overall for at least 24 hours. • Students and staff returning after a respiratory illness can consider additional actions to reduce spread
Whooping Cough (Pertussis)	Contagious bacterial infection that causes mild to severe coughing	• Cold-like symptoms • Coughing that leads to vomiting, loss of breath, or blue face • Whooping sound when inhaling after coughing	• DTaP vaccine, for children less than seven years of age • Tdap vaccine, for persons 10 years and older • When coughing or sneezing cover mouth and nose with a disposable tissue • Regular and thorough handwashing	• Contact Local Health Department within 24 hours • Exclude until five days after treatment has started • Exclude untreated cases for 21 days from the date cough began

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GASTROINTESTINAL				
Diarrheal illness: cause unknown	There are many causes of diarrhea in children under age five. Illness may be mild and not require medical attention.	• Stool frequency exceeding two or more stools above normal for that child • Stools containing blood or mucus • Stools that are not contained in a diaper • Fecal accidents by a child who is normally toilet trained	• Proper surface disinfection • Proper food storage and preparation • Regular and thorough handwashing	• Return must be cleared by PH as some diseases require a negative test
Hepatitis A (HAV) 	Viral infection, causes liver inflammation **Rare unless unvaccinated	• Fever, fatigue • Jaundice (yellowing of skin or eyes) • Decreased appetite, abdominal pain • Vomiting, diarrhea	• HAV vaccine is recommended • Ensure proper surface disinfection • Regular and thorough handwashing	• Contact Local Health Department within 24 hours • Exclude until one week after onset of illness or jaundice
Norovirus (Diarrhea)	Viral infection	• Acute onset of watery diarrhea • Abdominal pain • Nausea • Vomiting	• Proper surface disinfection – do not use alcohol-based disinfectants • Regular and thorough handwashing	• Exclude until 48 hours after diarrhea ends
Shigellosis (Diarrhea) 	Infection caused by the Shigella bacteria	• Loose, watery stools with blood or mucus • Fever • Headache • Abdominal pains • Convulsions	• Proper surface disinfection • Regular and thorough handwashing	• Contact Local Health Department within 24 hours • Exclude until asymptomatic AND one negative stool culture collected not sooner than 48 hours after completion of antibiotic • Cleared for readmission by local health department

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EYES, EARS, NOSE and THROAT				
Mononucleosis (Mono)	Infection caused by the Epstein Barr virus	- Mild to no symptoms in young children - Rare symptoms are fever, sore throat, fatigue, swollen lymph nodes, enlarged liver/spleen, rash from ampicillin or penicillin	- Do not share objects contaminated with mucus or saliva - Regular and thorough handwashing	Exclusion not required unless ordered by a health care professional
Mumps (Rubulavirus)	Viral infection with swelling of one or more salivary glands Low incidence in the United States, but outbreaks and travel-related cases can occur	- Swollen glands - Fever, headache, earache	- MMR vaccine required - Regular and thorough handwashing	- Contact Local Health Department within seven days - Exclude for at least five days after the beginning of swelling - Exclude non-immunized children
Pink Eye (Conjunctivitis)	Bacterial or viral infection causes inflammation of eye tissue Other causes: allergies and blocked tear ducts in infants	- Red or pink, swollen, itchy eyes - Yellow or green discharge and crusting in the eyes	- Regular and thorough handwashing especially before and after touching the eyes, nose, and mouth - Thorough sanitation of objects touched by hands or faces	Exclusion not required
Strep Throat	Infections caused by Group A Streptococcus bacteria	- Sore throat, fever, headache - Decreased appetite, stomachache - Swollen lymph nodes	- Avoid direct contact with potentially infected individuals - When coughing or sneezing cover mouth and nose with a disposable tissue - Regular and thorough handwashing	Exclude until 12 hours after antibiotic treatment has started and no fever is present
Mononucleosis (Mono)	Infection caused by the Epstein Barr virus	- Mild to no symptoms in young children - Rare symptoms are fever, sore throat, fatigue, swollen lymph nodes, enlarged liver/spleen, rash from ampicillin or penicillin	- Do not share objects contaminated with mucus or saliva - Regular and thorough handwashing	Exclusion not required unless ordered by a health care professional

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