

Management of Select Infectious Diseases in School Settings



For further
information contact:

(CD Nurse at your Local Health Department)



Vaccine Preventable
Disease



Reportable

Remember, outbreaks are reportable.
If you suspect an outbreak, call Epi on
Call at 919-733-3419 available 24/7.

Disease Name	Overview	Symptoms	Prevention	School 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 mouths and noses 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
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 mouths and noses with a disposable tissue - Regular and thorough handwashing	Exclude until antibiotics administered for at least 12 hours and no fever is present
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 mouths and noses 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 mouths and noses 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
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 mouths and noses with a disposable tissue - Dispose of tissues contaminated with mucus - Regular and thorough handwashing	- Exclusion not required - 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 mouths and noses 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
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
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 mouths and noses with a disposable tissue - Regular and thorough handwashing	Exclude until 12 hours after antibiotic treatment has started and no fever is present

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