

# INFECTIOUS DISEASE GUIDE



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# **FIFTH DISEASE**



Spread through droplets from nose and throat. Contagious before rash appears. Usually not contagious after rash appears. May come to school with rash if they feel well enough. Rash can last up to 3-4 weeks. “Slapped Face appearance”  
For additional information go to:

<http://www.cdc.gov/parvovirusb19/fifth-disease.html>

<http://kidshealth.org/en/parents/fifth.html>

# **CHICKEN POX**



Highly contagious virus. Symptoms appear 14-16 days after exposure. Spread by coughing, sneezing, touching blisters. (Range can be 10-21 days)  
Stay home until blisters are crusted over.

For additional information go to:

<http://www.cdc.gov/chickenpox/>

<http://kidshealth.org/en/parents/chicken-pox.html>

# CONJUNCTIVITIS/PINK EYE



After 24 hours on medicine, student may return to school if feeling better & no drainage. Conjunctiva get red from viruses, bacteria and allergens.

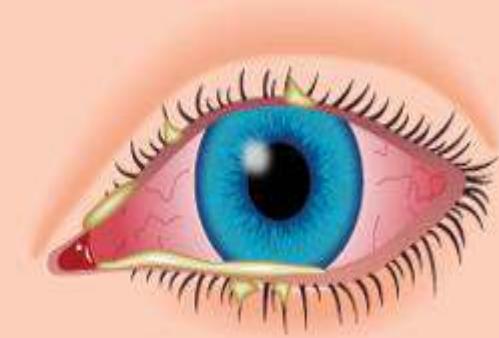
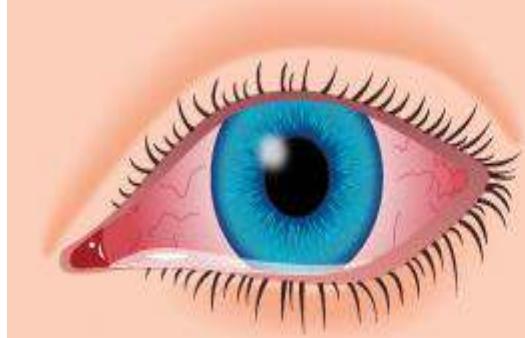
Good handwashing must be implemented.

\*Note: Some red eyes can be a sign of allergies.

For additional information go to:

<http://www.cdc.gov/conjunctivitis/>

<http://kidshealth.org/en/teens/conjunctivitis.html?ref=search>



## **Viral conjunctivitis**

The type of conjunctivitis most commonly associated with the term "pink eye." Appearance: red, itchy, watery eye. Can affect one or both eyes. Highly contagious.

## **Allergic conjunctivitis**

Very similar in appearance to viral conjunctivitis, but accompanied by nasal congestion, sneezing, eyelid swelling and sensitivity to light. Both eyes are affected. Not contagious.

## **Bacterial conjunctivitis**

A red eye with a sticky yellow or yellow/green discharge. Eyelids may be stuck together upon waking. Can affect one or both eyes. Usually spread by direct contact only.

## **Normal eye**

In a healthy eye, the sclera is essentially white with only a few small blood vessels visible. There is an adequate tear film, with no significant discharge or watering.

# ***HAND FOOT & MOUTH DISEASE***



Viral Infection. Blister like rash. Can come to school when feeling well enough.  
Good handwashing is essential.  
Spread through secretions from throat for 4 weeks and through feces for up to 12 weeks.

For additional information go to:  
<http://www.cdc.gov/hand-foot-mouth/>  
<http://kidshealth.org/en/parents/hfm.html>

# **IMPETIGO**



Impetigo (im-puh-TIE-go) is a highly contagious skin infection that mainly affects infants and children. Impetigo usually appears as red sores on the face, especially around a child's nose and mouth. The sores burst and develop honey-colored crusts.

Impetigo may clear on its own in two to three weeks, but antibiotics can shorten the course of the disease and help prevent the spread to others.

You may need to keep your child home from school or day care until he or she is no longer contagious, which is usually 24 to 48 hours after you begin antibiotic treatment. Without antibiotics, impetigo is contagious until the sores go away.

For additional information go to:

<http://kidshealth.org/en/parents/impetigo.html>

<http://www.webmd.com/skin-problems-and-treatments/guide/understanding-impetigo-basics>

# LICE



**Lice** are tiny, wingless, parasitic insects that feed on your blood. **Lice** are easily spread — especially by schoolchildren — through close personal contact and by sharing belongings.

If large infestation, send home for immediate treatment. If just a few, call parent and student stays in school then can return to school following day after treatment. It can take weeks to pick dead nits out of hair. Lice don't carry any disease. Just a nuisance.

They don't jump. They crawl. Nits are eggs (clear, round, oblong)  
"Adults" can live 1-2 days if they fall off the head.

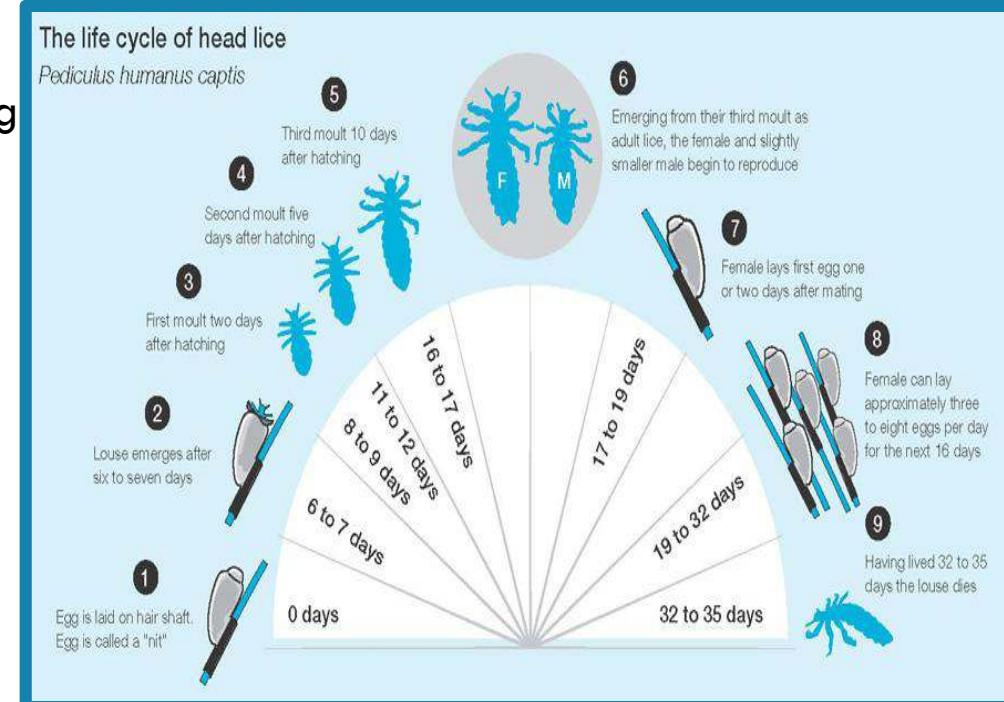
Nymphs – just hatched leave casing behind.

Adult – Dark

For additional information go to:

<http://www.cdc.gov/parasites/lice/>

<http://kidshealth.org/en/parents/head-lice.html>



# **MEASLES**



**Contagious 4-5 days before rash appears and  
4-5 days after.**

For additional information go to:

<http://www.cdc.gov/measles/>

<http://kidshealth.org/en/parents/measles.html>

Measles is a childhood infection caused by a virus. Once quite common, measles can now almost always be prevented with a vaccine. Signs and symptoms of measles include cough, runny nose, inflamed eyes, sore throat, fever and a red, blotchy skin rash.

# **MENINGITIS**



## **Children and Adults**

Meningitis and Septicaemia often occur Together

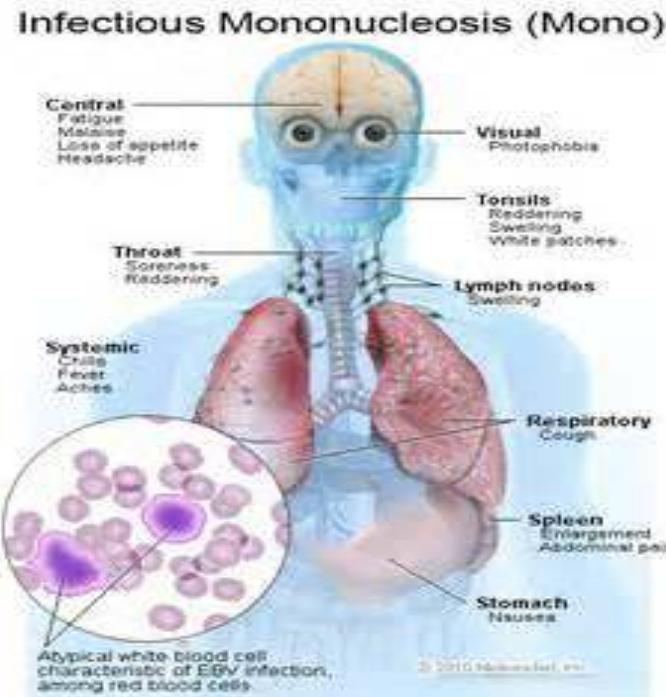
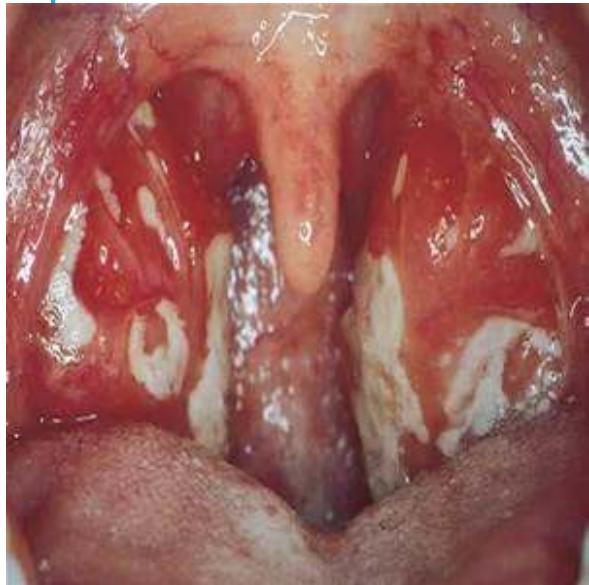


For more information go to:

<http://www.cdc.gov/meningitis/>

<http://kidshealth.org/en/parents/meningitis.html>

# MONONUCLEOSIS



Mononucleosis causes:

- Fever
- Fatigue
- Sore throat
- Swollen lymph glands



Contagious = 4-6 weeks before getting sick and while sick. Can come to school with Dr.'s permission after feeling better. Transmitted via saliva “kissing disease”. Can lay dormant up to a year.

For additional information go to:

<http://www.cdc.gov/epstein-barr/about-mono.html>

<http://kidshealth.org/en/parents/mono.html>

# MRSA



Photo Credit: Gregory Moran, M.D.



Spread by skin to skin contact. Student must be seen by Dr. & diagnosed. Area must be covered. Good handwashing must be implemented. Clean sports & gym equipment regularly.

For additional information go to:

<http://www.cdc.gov/mrsa/>

<http://kidshealth.org/en/teens/mrsa.html?ref=search>

# **RINGWORM**



Ringworm of the body is a fungal infection that develops on the top layer of your skin. It's characterized by a red circular rash with clearer skin in the middle. It may or may not itch. Ringworm gets its name because of its appearance. There is no actual worm involved. Can spread with skin to skin contact. Can attend school but must get treatment and keep area covered.

For more information go to:

<http://kidshealth.org/en/teens/ringworm.html>

<http://www.webmd.com/skin-problems-and-treatments/guide/understanding-ringworm-basics>

# **SCABIES**



Scabies is an itchy skin condition caused by a tiny burrowing mite called *Sarcoptes scabiei*. The presence of the mite leads to intense itching in the area of its burrows. The urge to scratch may be especially strong at night.

Scabies is contagious and can spread quickly through close physical contact in a family, child care group, school class, nursing home or prison. Because of the contagious nature of scabies, doctors often recommend treatment for entire families or contact groups.

Scabies is readily treated. Medications applied to your skin kill the mites that cause scabies and their eggs, although you may still experience some itching for several weeks.

For more information go to:

<http://www.cdc.gov/parasites/scabies/>

<http://kidshealth.org/en/teens/scabies.html?ref=search>

# SHINGLES



Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso.

Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles. While it isn't a life-threatening condition, shingles can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

Note: Can not be spread to another person but chicken pox can be spread to someone who has never had it from person who has shingles.

Keep out of school/work until blisters are scabbed over and dry unless the rash can be covered.

For additional information go to:

<http://www.cdc.gov/shingles/>

<http://www.webmd.com/skin-problems-and-treatments/shingles/shingles-topic-overview>