

**EDMOND PUBLIC SCHOOLS
DISEASE AND ILLNESS HEALTH GUIDELINES**

DISEASE	COMMON SYMPTOMS	METHOD OF TRANSMISSION	CONTROL
ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS)	Weight loss, fatigue, swollen glands, diarrhea, and continuous infections.	Blood and body fluids, sexual intercourse, sharing needles.	Individual case consideration.
CAT SCRATCH FEVER	Enlarged lymph glands, low grade fever, small raised lesion at the site of the scratch	Scratch of an infected cat	<u>NO EXCLUSION.</u>
CHICKEN POX (VARICELLA)	Slight fever, skin eruption of small blisters which scab. May be in stages of pimple, blister, and scab at the same time. Child does not feel well.	Readily communicable by airborne droplet, direct contact, or by articles freshly soiled by discharge from chickenpox blisters.	Incubation period 14-16 days. If high fever or severe illness, consult physician. <u>EXCLUDE 5 DAYS FROM APPEARANCE OF BLISTERS OR UNTIL ALL LESIONS ARE CRUSTED OVER OR DRY (SCAB).</u>
COMMON COLD	Nasal congestion and stuffiness, sneezing, irritated throat, cough, watery discharge from nose and eyes, fever, chills, headache.	Close person-to-person contact, respiratory droplets, direct contact.	Incubation period 2-5 days. If high fever or severe symptoms, consult physician. Good hand washing. <u>EXCLUDE IF TEMPERATURE 100 F OR ABOVE.</u>
CONJUNCTIVITIS (PINK EYE)	Redness, tearing, swelling, burning, itching of eye. May have discharge from eye, sensitivity to light.	Direct or indirect contact with eye drainage.	Incubation period usually 24-72 hours. Readily communicable in the classroom. Consult Physician. <u>CHILD MAY RETURN TO SCHOOL 24 HOURS AFTER</u>

			<u>ANTIBIOTIC DROPS HAVE BEEN INITIATED.</u>
CYTOMEGALOVIRUS (CMV)	Most people with CMV do not become ill. Fever, swollen glands, and tiredness may be present.	Symptoms occur 3-12 weeks after infection. Virus may remain in the body throughout a person's life. Virus may be found in urine or saliva of infected persons with or without symptoms.	Good hand washing best way to prevent infection. Wear disposable gloves when handling body fluids. Pregnant women should wash hands after handling wet diapers or contact with saliva or urine. They should notify their personal physician about CMV infection. <u>NO EXCLUSION FROM WORK OR SCHOOL.</u>
DIARRHEA	Frequent loose, watery bowel movements. May be abdominal pain and/or cramping. Temperature may be elevated.	Varies with causative agent or disease.	Incubation period varies with cause of diarrhea. GOOD PERSONAL HYGIENE AND HANDWASHING. <u>EXCLUDE UNTIL NO DIARRHEA FOR 24 HOURS WITHOUT MEDICATION.</u>
FEVER (TEMPERATURE)	Oral temperature 100 F or above.	Varies with cause of fever.	Temperature below 100 F children may stay in school. <u>EXCLUDE IF ORAL TEMPERATURE IS 100F OR ABOVE. CHILD MAY RETURN TO SCHOOL WHEN HE/SHE HAS BEEN FEVER FREE FOR 24 HOURS WITHOUT MEDICATION.</u>
FIFTH DISEASE "SLAPPED CHEEK" ERYTHEMA INFECTIONOSUM	Low grade fever. Distinctive rash on face with intensely red "slapped cheek" appearance, lace-like rash	Spread by direct contact of airborne droplets. Contagious a week before the rash appears. NO	Routine hygienic practices for anyone with cold or flu like symptoms, including proper hand

	<p>which spreads to the rest of the body. The rash comes and goes with environmental changes. Sunlight or warmth can make rash worse for weeks or even months. Arthritis may occur in adults.</p>	<p>LONGER CONTAGIOUS ONCE RASH APPEARS.</p>	<p>washing and disposal of tissues contaminated with respiratory secretions. Child should stay home if they have a cough, sore throat, or fever. Pregnant employees should check with their physician when an outbreak occurs at school. <u>NO EXCLUSION.</u></p>
<p>FLU (INFLUENZA RESPIRATORY INFLUENZA)</p>	<p>Sudden onset of fever, chills, headache, malaise, sore muscles, sore throat, nasal congestion, cough, diarrhea, or vomiting.</p>	<p>Same as the common cold. Person to person by direct contact, airborne droplet, or by contact with articles contaminated by nasopharyngeal secretions.</p>	<p>Incubation period 1 to 3 days. Same as the common cold. Immunization available for certain persons. <u>EXCLUDE UNTIL FEVER FREE FOR 24 HOURS WITHOUT MEDICATION.</u></p>
<p>HAND, FOOT & MOUTH DISEASE (COXSACKIEVIRUS)</p>	<p>Small sores or lesions in mouth, on hands, and feet. Looks like chickenpox at first.</p>	<p>Spread by secretions in the throat or feces (stool).</p>	<p>Practice good hand washing. <u>NO EXCLUSION.</u></p>
<p>HEPATITIS A (HAV) INFECTIOUS HEPATITIS</p>	<p>Fever, loss of appetite, nausea, vomiting, tiredness, dark colored urine, jaundice (yellowing of the skin and white of eyes). Infants and preschool children may be asymptomatic or exhibit mild symptoms without jaundice.</p>	<p>Person to person usually by fecal-oral route. Direct contact, diaper changing, or food prepared by infected food handlers.</p>	<p>Incubation period 15 to 50 days. Most communicable 1-2 weeks before onset of jaundice occurs. Consult physician. Report to health department. Gama globulin usually given to household contacts only. GOOD PERSONAL HYGIENE AND HAND WASHING BEFORE AND AFTER USING THE RESTROOM IS THE BEST PREVENTION. <u>PHYSICIAN'S RELEASE NECESSARY FOR RETURN TO SCHOOL.</u></p>
<p>HEPATITIS B (HBV)</p>	<p>Jaundice, nausea, anorexia (loss of</p>	<p>Contamination from blood or body</p>	<p>Incubation period 45 to 160</p>

"SERUM HEPATITIS"	appetite), fatigue, joint pain, rash, chronic liver disease. May have fever.	fluids of an infected person. Sexual intercourse with an infected person. Often by contaminated needles and syringes.	(average 120 days). Hepatitis B vaccine most effective means to prevent HBV transmission. Consult physician. Report to Health Department. <u>NO EXCLUSION.</u>
HERPES SIMPLEX VIRUS	Fever, fatigue, lesions on or inside the mouth, fever blisters or cold sores with a clear blister.	Direct contact with contaminated saliva.	Good hand washing. <u>NO EXCLUSION.</u>
IMPETIGO	Blister like sores that develop into yellow crusting skin lesions. Usually around the mouth, nostrils, hands, elbows, and knees.	Direct or indirect contact with lesions.	Incubation 1 to 10 days. <u>EXCLUDE UNTIL UNDER MEDICAL TREATMENT FOR 24 HOURS. PHYSICIAN'S RELEASE NECESSARY FOR RETURN TO SCHOOL. LESIONS MUST BE COVERED.</u>
MEASLES (RUBEOLA) "HARD MEASLES", RED MEASLES	Fever, cough, runny nose and eyes, followed by red raised rash beginning on the third day. Rash begins on face, hairline, and ears and gradually spreads down involving the trunk. Koplik's spots may appear in the mouth. Children are usually very sick with the measles.	Direct or droplet contact with nasopharyngeal secretions.	Incubation 7-18 days. Consult physician. Report to Health Department. ENFORCE IMMUNIZATION REQUIREMENT. Children are contagious until 4 days after the appearance of the rash. <u>EXCLUDE AT LEAST 4 DAYS FROM ONSET OF THE RASH.</u>
MENINGITIS (BACTERIAL AND VIRAL)	Abrupt onset of fever, intense headache, nausea, vomiting, stiff neck, and behavioral changes. May also include discomfort	BACTERIAL: Person to person through droplets of respiratory secretions. This can occur through coughing, kissing, and sneezing.	Consult physician immediately. Bacterial Meningitis can be treated with a number of effective antibiotics.

	<p>looking into bright lights, confusion, and sleepiness. Can develop over several hours or take 1-2 days. Infants may appear slow or inactive, have vomiting, be irritable, or be feeding poorly. As the disease progresses, patients of any age may have seizures.</p>	<p>VIRAL: Direct contact with an infected person's stool. Changing diapers of an infected person. Direct or indirect contact with respiratory secretions (saliva, sputum, or nasal mucus).</p>	<p>Viral Meningitis has no specific treatment. Most patients recover within 2 weeks. GOOD PERSONAL HYGIENE AND HAND WASHING. CLEANING CONTAMINATED SURFACES, SUCH AS HANDLES AND DOORKNOBS. <u>EXCLUDE IMMEDIATELY. PHYSICIAN'S RELEASE NECESSARY FOR RETURN TO SCHOOL.</u></p>
<p>MOLLUSCUM CONTAGIOSUM</p>	<p>Rash that begins as tiny papules (small raised bumps) flesh colored, dome shaped. Lesions are commonly located on the face, eyelids, neck, underarms, thighs, or genital areas. Rarely involves the mouth, palms, or soles. They are usually grouped in one or two areas, but may be widely spread. It is unknown how long a person is contagious.</p>	<p>Direct or indirect contact with shared items, such as clothing, towels, and washcloths.</p>	<p>Incubation period 1 week to 6 months. Consult physician. GOOD PERSONAL HYGIENE AND HAND WASHING. <u>NO EXCLUSION. MUST KEEP LESIONS COVERED.</u></p>
<p>MONONUCLEOSIS (MONO)</p>	<p>Fever, sore throat, swollen glands, fatigue, posterior cervical lymphadenopathy, occasionally rash, or jaundice.</p>	<p>Close personal contact by oralpharyngeal route via saliva or saliva on hands, toys, or kissing.</p>	<p>Incubation period 2-8 weeks. Consult physician. <u>EXCLUDE IF SYMPTOMATICALLY ILL, FEVER, SORE THROAT, OR PHYSICIAN'S ADVICE.</u></p>
<p>MRSA (METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS)</p>	<p>Skin infection that appears as a bump. May be red, swollen, painful, warm to touch, full of pus or drainage, accompanied by a</p>	<p>Skin to skin contact and contact with surfaces that have come into contact with someone else's infection.</p>	<p><u>EXCLUDE IF WOUND DRAINAGE (PUS) CANNOT BE COVERED WITH A CLEAN DRY BANDAGE OR</u></p>

	fever.		<u>FOR THOSE WHO CANNOT MAINTAIN GOOD PERSONAL HYGIENE.</u>
<p>PEDICULOSIS (LICE)</p> <p>As a convenience to parents, the student may be re-checked by a school nurse or health care provider. Please contact your school for designated locations and times school nurses are available.</p>	<p>Can affect scalp, body, pubic areas. Intense itching, irritation, secondary infections may occur with scratching. Adult lice and/or eggs (nits) found in hair.</p>	<p>Direct contact with infested individuals or indirectly by contact with infected articles of clothing, headgear, furniture, or bedding.</p>	<p>Louse life cycle is about 1 month. Incubation period of louse eggs is 6-10 days. Lice mature in 2 weeks. Head lice are not a major health hazard. <u>EXCLUDE UNTIL TREATED WITH A PEDICULOCIDE SHAMPOO. (MUST SHOW PROOF OF TREATMENT CONTAINER OR BOX FROM THE MEDICATION USED). MUST PRESENT A SIGNED STATEMENT FROM A NURSE OR HEALTH CARE PROVIDER THAT CHILD IS NO LONGER INFESTED. RETREATMENT RECOMMENDED IN 7-10 DAYS FOR MOST SHAMPOOS TO PREVENT REINFESTATION.</u></p>
<p>PERTUSSIS (WHOOPIING COUGH)</p> <p><u>NEW Tdap IMMUNIZATION REQUIREMENT FOR ALL 7TH GRADE STUDENTS BEGINNING WITH THE 2011-2012 SCHOOL YEAR.</u></p>	<p>Cold with symptoms of runny nose and irritating cough. Develops into violent coughing fits within 1-2 weeks. Coughing is followed by gasping for air producing high pitched whooping cough.</p>	<p>Close contact via respiratory secretions after an infected person coughs or sneezes.</p>	<p>Incubation period 6-20 days, usually 7-10 days. Report to Health Department. Consult physician. <u>ENFORCE IMMUNIZATIONS; EXCLUDE UNTIL STUDENT ON ANTIBIOTICS FOR 5 DAYS OR 21 DAYS FROM ONSET IF NO ANTIBIOTICS.</u></p>
<p>POISON IVY, OAK, SUMAC</p>	<p>Itching, burning followed by blisters and weepy skin.</p>	<p>Usually direct contact with plants or resins. The oils can stay on</p>	<p>Reaction may begin in a few hours to 4 days after exposure. Refer to</p>

		contaminated objects for long periods of time.	physician if severe reaction. <u>USUALLY NO EXCLUSION.</u>
RABIES	Fever with central nervous system involvement, anxiety, difficulty swallowing, convulsions, and death.	Saliva from infected animal gets into a person's skin by open cuts or wounds or in mouth or eyes.	Keep bite area clean. <u>NO EXCLUSION.</u>
RINGWORM (ATHLETES FOOT)	<u>Athlete's foot:</u> Peeling crackling, itching, and blisters of skin between and around toes. <u>Scalp:</u> Loss of luster of hair, scaling of infected areas, patchy baldness, and brittle hair shafts. <u>Body:</u> Ring like lesions usually on exposed skin; may be dry, scaling, or moist and crusted. Circular border becomes progressively larger. Lesions may itch, burn.	<u>Athlete's foot:</u> Direct contact or from damp areas such as shower rooms, swimming pools, etc. <u>Scalp:</u> Direct contact or from contact with infected hair, human, or animal. <u>Body:</u> Direct contact with infected humans or animals.	<u>Athlete's foot:</u> Not excluded except from activities where bare feet are exposed. <u>Scalp: EXCLUDE UNTIL PHYSICIAN RELEASE.</u> <u>Body:</u> No exclusion if under medical treatment. Area must be covered. Consult physician if lesions are extensive.
ROCKY MOUNTAIN SPOTTED FEVER	Fever, headache, nausea, vomiting, characteristic rash which starts on wrists and ankles and spreads to trunk; palms and soles may be involved. Rash is flat, frequently petechial (described as tiny purple blood blisters).	Transmitted to humans by the bite of a tick.	Avoidance of tick infested areas is the best preventative measure. If in tick infested areas, wearing of protective clothing, using tick/insect repellants, and inspecting body frequently is recommended. Incubation period approximately 1 week, but ranges from 1-14 days. Care should be used in tick removal. If possible, save tick. Report to Health Department. <u>NO EXCLUSION SINCE DISEASE IS TRANSMITTED BY TICK BITE.</u>

ROSEOLA	High fever which lasts 3-5 days, followed by rash lasting from hours to days.	Unknown, probably via respiratory secretions.	Rare after age 4 years. Incubation period unknown (approximately 9 days). <u>NO EXCLUSION, BUT CHILD SHOULD NOT BE AT SCHOOL DURING ACUTE PHASE: HIGH FEVER AND RASH.</u>
RUBELLA "THREE DAY MEASLES"	Mild fever, faint pink rash swollen lymph nodes.	Direct or droplet contact with nasopharyngeal secretions.	Incubation period 14-21 days. Consult physician. Report to Health Department. <u>EXCLUDE 7 DAYS AFTER APPEARANCE OF RASH.</u>
SCABIES	Intense itching, especially at night. Rash: raised bumps or small blisters, tiny burrow-like lines under the skin. Commonly found between the fingers, around wrists, belt line, under arms, underneath bra line.	Close personal contact.	Emphasize good personal hygiene. Incubation period 3-4 days to 4-6 weeks. Consult physician. Treated with lotion or cream containing a scabicide. <u>EXCLUDE UNTIL PHYSICIAN'S RELEASE.</u>
SEXUALLY TRANSMITTED DISEASES: GONORRHEA SYPHILIS	Often asymptomatic in both males and females. <u>GONORRHEA:</u> May have burning on urination, yellowish discharge. <u>SYPHILIS:</u> May include painless sore at site where organism entered	All forms by direct personal contact; sexual intercourse.	Communicable for weeks to years if untreated. Consult physician or Health Department. <u>NO EXCLUSION UNLESS MEDICALLY RECOMMENDED.</u>

HERPES SIMPLEX II	body. <u>HERPES SIMPLEX II:</u> Very painful sores on or around genitalia.		
STAPH INFECTION (STAPHYLOCOCCUS AUREUS)	Skin infection that appears as a bump. May be red, swollen, painful, warm to touch, full of pus or drainage, accompanied by a fever.	Skin to skin contact and contact with surfaces that have come into contact with someone else's infection.	<u>EXCLUDE IF WOUND DRAINAGE (PUS) CANNOT BE COVERED WITH A CLEAN DRY BANDAGE OR FOR THOSE WHO CANNOT MAINTAIN GOOD PERSONAL HYGIENE.</u>
STREP THROAT SCARLET FEVER "SCARLETINA"	Fever, headache, sore throat, vomiting. If progresses to scarlet fever characteristic rash "sandpaper like" peeling skin and red "strawberry" tongue.	Contact with respiratory secretions; close contact can facilitate transmission.	Incubation period 2-5 days. Consult physician. <u>EXCLUDE UNTIL ON ANTIBIOTICS FOR 24 HOURS.</u>
TUBERCULOSIS (TB)	General symptoms include feeling weak; fatigue, with weight loss, fever, night sweats, cough, chest pain, and/or coughing up blood.	Spread by inhalation of airborne droplet from one person to another.	Incubation period varies from 2-10 weeks for a positive skin test reaction to 2 years or more for disease to develop. Treatment consists of antibiotics taken for 6-12 months. Report to Health Department. <u>EXCLUDE UNTIL RELEASED BY PHYSICIAN.</u>
VOMITING	Nausea, increased saliva, abdominal pain, dizziness, fever, diarrhea, vomiting.	Varies with causative agent or disease.	Incubation period varies with cause of vomiting. GOOD PERSONAL HYGIENE AND HAND WASHING. <u>EXCLUDE UNTIL NO VOMITING FOR 24</u>

			<u>HOURS WITHOUT MEDICATION.</u>
REVISED: 5-17-11			