



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	<ul style="list-style-type: none"> Rash (small, red, blistering bumps) Fever Runny nose Cough 	<ul style="list-style-type: none"> Varicella vaccine Proper surface sanitation Keep room well ventilated Regular and thorough handwashing 	<ul style="list-style-type: none"> Contact local health department within 24 hours Exclude until all lesions are crusted
Fifth Disease (Erythema Infectiosum)	Infection caused by Human Parvovirus B19	<ul style="list-style-type: none"> Fever, headache Muscle and joint aches Red, lace like rash on cheeks, torso, arms, and thighs that lasts 1- 3 weeks 	<ul style="list-style-type: none"> Proper surface sanitation Disposal of tissues contaminated with blood or mucus Regular and thorough handwashing Can be harmful to fetus 	<ul style="list-style-type: none"> Exclusion not required
Hand Foot and Mouth Disease (Coxsackievirus)	Infection caused by Coxsackievirus, more common in summer and fall	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Exclusion not required
Impetigo	Infection caused by Streptococcal or Staphylococcal bacteria	<ul style="list-style-type: none"> Small, red pimples or fluid-filled blisters with crusted, yellow scabs on the skin 	<ul style="list-style-type: none"> Wash infected areas and cover any open sores or wounds Proper surface sanitation Regular and thorough handwashing 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Fever, cough, runny nose, red and watery eyes Small, red spots in mouth Rash spreading from the hairline downward 	<ul style="list-style-type: none"> MMR vaccine required Proper surface sanitation Regular and thorough handwashing 	<ul style="list-style-type: none"> 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

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





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Ringworm	Infection caused by several kinds of fungi, may affect the body, feet, or scalp	<ul style="list-style-type: none"> Red, circular patches on the skin Cracking and peeling of skin between toes Redness, scaling of scalp 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> High fever Red, raised rash 	<ul style="list-style-type: none"> When coughing or sneezing cover mouths and noses with a disposable tissue Regular and thorough handwashing 	<ul style="list-style-type: none"> Exclusion not required
Rubella (German Measles) 	Uncommon, mild infection caused by Rubella virus Eliminated in the United States	<ul style="list-style-type: none"> Red or pink rash on the face and body Swollen glands behind ears Slight fever 	<ul style="list-style-type: none"> MMR vaccine required Regular and thorough handwashing Can be very harmful to fetus 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Sunburn-like rash with tiny bumps that may itch Fever, sore throat, swollen glands Yellow or white coating on tongue and throat 	<ul style="list-style-type: none"> Avoid direct contact with potentially infected individuals When coughing or sneezing cover mouth and nose with a disposable tissue Regular and thorough handwashing 	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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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RSV (Respiratory Syncytial Virus) 	Viral infection caused by Respiratory Syncytial virus, usually causes cold-like symptoms, occurs mostly in winter and early spring	<ul style="list-style-type: none"> • Cold-like symptoms • Respiratory problems (wheezing, difficulty breathing) 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Cold-like symptoms • Coughing that leads to vomiting, loss of breath, or blue face • Whooping sound when inhaling after coughing 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Proper surface disinfection • Proper food storage and preparation • Regular and thorough handwashing 	<ul style="list-style-type: none"> • Return must be cleared by PH as some diseases require a negative test
Hepatitis A (HAV)  	Viral infection, causes liver inflammation **Rare unless unvaccinated	<ul style="list-style-type: none"> • Fever, fatigue • Jaundice (yellowing of skin or eyes) • Decreased appetite, abdominal pain • Vomiting, diarrhea 	<ul style="list-style-type: none"> • HAV vaccine is recommended • Ensure proper surface disinfection • Regular and thorough handwashing 	<ul style="list-style-type: none"> • Contact Local Health Department within 24 hours • Exclude until one week after onset of illness or jaundice
Norovirus (Diarrhea)	Viral infection	<ul style="list-style-type: none"> • Acute onset of watery diarrhea • Abdominal pain • Nausea • Vomiting 	<ul style="list-style-type: none"> • Proper surface disinfection – do not use alcohol-based disinfectants • Regular and thorough handwashing 	<ul style="list-style-type: none"> • Exclude until 48 hours after diarrhea ends
Shigellosis (Diarrhea) 	Infection caused by the Shigella bacteria	<ul style="list-style-type: none"> • Loose, watery stools with blood or mucus • Fever • Headache • Abdominal pains • Convulsions 	<ul style="list-style-type: none"> • Proper surface disinfection • Regular and thorough handwashing 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Do not share objects contaminated with mucus or saliva Regular and thorough handwashing 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Swollen glands Fever, headache, earache 	<ul style="list-style-type: none"> MMR vaccine required Regular and thorough handwashing 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Red or pink, swollen, itchy eyes Yellow or green discharge and crusting in the eyes 	<ul style="list-style-type: none"> Regular and thorough handwashing especially before and after touching the eyes, nose, and mouth Thorough sanitation of objects touched by hands or faces 	<ul style="list-style-type: none"> Exclusion not required
Strep Throat	Infections caused by Group A Streptococcus bacteria	<ul style="list-style-type: none"> Sore throat, fever, headache Decreased appetite, stomachache Swollen lymph nodes 	<ul style="list-style-type: none"> Avoid direct contact with potentially infected individuals When coughing or sneezing cover mouth and nose with a disposable tissue Regular and thorough handwashing 	<ul style="list-style-type: none"> Exclude until 12 hours after antibiotic treatment has started and no fever is present
Mononucleosis (Mono)	Infection caused by the Epstein Barr virus	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Do not share objects contaminated with mucus or saliva Regular and thorough handwashing 	<ul style="list-style-type: none"> Exclusion not required unless ordered by a health care professional



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