



CONTROL OF *COMMUNICABLE DISEASES* IN SCHOOL

A Guidebook for School Personnel

Miami-Dade County Public Schools

Division of Student Services

Comprehensive Health Services

Oral Health, Refugee and Immigrant Health, and Infectious Disease Control

Miami, Florida



List of Diseases (Communicable Diseases Reporting Guidelines)

Varicella-Chicken Pox

The Common Cold

Conjunctivitis (Pink Eye)

* Diphtheria

Fifth Disease

* Food borne Diseases

* Hand, Foot & Mouth Disease

Head Lice (Pediculosis Capitis)

* Hepatitis A

* Hepatitis B

Herpes Simplex

HIV Infection and AIDS

Hookworm

Impetigo “Florida Sores”

Influenza (Flu)

* Kawasaki Disease

* Lyme Disease

* Malaria

* Meningitis (Bacterial)

* Meningitis (Viral)

Infectious Mononucleosis

* Mumps – vaccine preventable

* Pertussis (Whooping Cough) - vaccine preventable

Pinworm Infection (Enterobiasis)

Ringworm (Tinea)

* Rubella (German Measles) – vaccine preventable

* Measles (Rubeola) – vaccine preventable

Scabies

Sexually Transmitted Diseases

Streptococcal Disease/Scarlet Fever/Strep Throat

* Tuberculosis (TB) – vaccine preventable

Pediculosis Information

***Call Comprehensive School Health Services to report these Communicable Diseases (305-995-1235)**

Sample

(The following briefing is routed to all schools and appropriate cc's at the beginning of each year) Please follow the instructions herein.

Briefing ID #: 2434

ALL PRINCIPALS, REGION, AND DISTRICT OFFICES: Communicable Disease Control Information

Category: Required Action

Audience: All Principals/APs, Cabinet, All Administrative Offices

Due Date: n/a

Meeting Date: n/a

These guidelines represent the procedures to be followed in suspected communicable disease control situations in a school. Prompt and accurate reporting permits health officials to exercise necessary precautions to prevent the spread of disease.

- If a child is suspected of having a state reportable communicable disease, or the principal is so advised by the parent/guardian that a child is in the hospital with a suspected state reportable communicable disease, the principal should follow the procedures outlined in this briefing.
- If a child suspected of having a state reportable communicable disease is in school, the principal should isolate the child, notify parents to pick up the child, and recommend that medical advice be sought.
- If it is confirmed through documentation from a physician or medical provider, that the student has a state reportable communicable disease, the principal must immediately notify the Department of Comprehensive Health Services (CHS) at 305-995-1235, giving student's information, and the name of the suspected communicable disease. In addition the principal must notify the Miami-Dade County School Police at 305-995-COPS and inform respective regional center. State reportable communicable diseases are indicated in the Miami-Dade County Public Schools' document entitled *Control of Communicable Disease in School*, downloadable from <http://comprehensivehealthservices.dadeschools.net/>
- The CHS staff will contact the Department of Health, Office of Epidemiology and Disease Control with the information of those communicable diseases which are state reportable. The Department of Health will either conduct an investigation, or confirm the communicable disease diagnosis. If any action is indicated, the Department of Health will contact both the principal and the CHS office to inform as to the recommended procedures which should be followed. It is the responsibility of the Department of Health to follow up on the report of communicable diseases.
- The school principal should report any recommended procedures to their regional center office. The CHS office will notify the offices of School Operations and/or Media Relations of a confirmed case of a state reportable communicable disease, when indicated.
- If the Department of Health advises that a letter should be sent home, the Department of Health will provide the letter in English, Spanish, and Haitian Creole, where necessary.

The Department of Health will identify which contacts (parents, school staff) should receive the letter.

- The Department of Health does not always recommend that a letter be sent to parents regarding a particular communicable disease. If the school principal is aware of or anticipates excessive concerns among parents or the community about a particular disease, the letter can be requested through the department of Comprehensive Health Services. Letters to parents concerning communicable disease issues should be sent only upon recommendation by the Department of Health. Questions concerning parental notification may be directed to the Department of Comprehensive Health Services, at 305-995-1235.
- A child, who has been absent with a confirmed communicable disease, should be re-admitted to school only with a health care provider's written statement that he/she is no longer contagious.

Contact: Wilma Steiner (305-995-1235)
Department: Division of Student Services/Comprehensive Health Services

INFECTION CONTROL AND PERSONAL HYGIENE

It is recognized that personal hygiene measures are part of creating a healthy environment. Personal hygiene skills are essential to the development of good life long healthy habits.

All school staff should be alerted to dangers of infections from bodily fluids. It is important to remember that any person could potentially have disease-carrying organisms in their body fluids, even if they have no signs or symptoms of illness.

Consequently, the following recommendations should be followed in all situations, and not just those involving an individual known to have an infectious disease. This is called using Universal Precautions. Getting into the habit of using universal precautions prevents possible accidental exposure.

Appropriate handling of blood and body fluids must be adhered to in order to prevent cross-infection control in schools. School nurses, custodians, bus drivers, school aids, designated health facilitators and teachers should be particularly alert to the proper techniques in handling and disposal of materials.

There are protective measures, primarily within the responsibility of the individual, by which to promote health and limit the spread of infectious diseases, generally those transmitted by direct contact.

When assisting a student or fellow staff member, always use universal precautions. Gloves should be worn whenever the possibility of direct contact with any body fluid from another person is anticipated.

The school nurse should be used as a resource person in establishing and implementing personal hygiene goals.

For generations, hand washing with soap and water has been considered a measure of personal hygiene. Good hand washing techniques are imperative in the school setting.

According to the Centers for Disease Control and Prevention, the single most important thing we can do to keep from getting sick and spreading illness to others is to wash our hands.

The following information is steps to follow in washing your hands:

- Wet your hands and apply soap.
- Rub your hands together vigorously, and scrub all surfaces.
- Continue for 20 seconds.
- Rinse well under running water.
- Dry your hands using a paper towel or air dryer.
- If possible, use your paper towel to turn off the faucet.

VARICELLA – ZOSTER INFECTIONS CHICKEN POX AND SHINGLES

DESCRIPTION:	It is a very contagious disease caused by the varicella-zoster virus.
SIGNS AND SYMPTOMS:	Early signs and symptoms usually begin with mild fever followed by the occurrence of small blisters filled with clear fluid, usually located on the scalp, face and trunk. Scabs form later.
INCUBATION PERIOD	Incubation period may be from 10-21 days, usually 13 to 17 days.
PERIOD OF COMMUNICABILITY:	Persons with chicken pox are contagious from one to two days before rash appears until all blisters have developed scabs. Chickenpox scabs are not contagious.
MODE OF TRANSMISSION:	Spread by direct contact or through the air from an infected person coughing or sneezing.
PREVENTION:	Chicken pox can now be prevented by vaccination. Those who have not been vaccinated may reduce the spread of the disease by covering the mouth and nose when sneezing and coughing, and by avoiding contact with draining chicken pox sores.
IMPLICATIONS FOR SCHOOL:	<p>School attendance recommendation: Exclusion from school is required until patient's illness is non-communicable. Other children in the family may attend school but should be closely monitored by the teacher and excluded immediately at the first sign of illness.</p> <p>Single or sporadic cases of chicken pox do not have to be reported.</p>

THE COMMON COLD

DESCRIPTION:	The common cold is a mild disease of the nose and throat that is caused by a virus.
SIGNS AND SYMPTOMS:	Symptoms of the common cold include sneezing, sore throat, stuffy nose, headache, burning and/or watery eyes, chills, aches, and cough. Fever is uncommon in children over three years old and rare in adults.
INCUBATION PERIOD:	The incubation period usually is 2 to 3 days but occasionally is up to 7 days.
MODE OF TRANSMISSION:	Transmission usually occurs by person-to-person contact, usually by inadequate hand washing after contact with drainage from nose and throat. It can also spread through coughing and sneezing.
PREVENTION:	Good hygiene is the best way to prevent the spread of the common cold. Always cover your mouth and nose when sneezing. Practice good hand washing, and always wash your hands before eating. Keep your hands away from, and out of, your mouth, eyes and nose to prevent spreading germs.
IMPLICATION FOR SCHOOLS:	<p>Students who have a cold only need to be excluded from school for the following reasons:</p> <ol style="list-style-type: none">(1) Fever greater than 101°F(2) Student who is too ill or uncomfortable to adequately function in a classroom.(3) Continual cough that brings up a lot of mucous.

CONJUNCTIVITIS (PINK EYE)

DESCRIPTION:	Conjunctivitis is the inflammation of the lining of the eyelid. It can be caused by bacteria, viruses, or allergy.
SIGNS AND SYMPTOMS:	The eyes are itchy and irritated with swollen lids. Often the white part of the eye looks pink. The person will also experience light sensitivity, excessive tearing, redness, pain and pus or drainage which can become crusty and make the eyelids stick together.
INCUBATION PERIOD:	The incubation period will depend on what is causing the infection. Bacterial infections have an incubation period of 24 to 72 hours. Viral infections have an incubation period of 12 hours to about 3 days.
PERIOD OF COMMUNICABILITY:	During the course of active infection, and up to 14 days after onset, depending upon the cause of the infection.
MODE OF TRANSMISSION:	Conjunctivitis can be transmitted through contact with contaminated fingers, clothing, bed linens, and by direct facial contact.
PREVENTION:	Good hand washing is the most important way to prevent the spread of infection. Teach students and staff to always wash their hands before and after touching their eyes. Towels, wash cloths, pillow cases and make-up should not be shared. Teach children to keep their hands out of their eyes.
IMPLICATIONS FOR SCHOOLS	Students should be sent home at once and the parents notified immediately. Students need to be excluded from school until the day after medical treatment has begun. A student may need to be reevaluated if symptoms persist.

DIPHTHERIA

DESCRIPTION:	Diphtheria is a very serious bacterial infection of the nose and throat.
SIGNS AND SYMPTOMS:	Early signs and symptoms are low-grade fever and sore throat, with white or grayish membranes in the throat, and or tonsils, and swelling of the neck.
INCUBATION:	Incubation period is 2 to 7 days
PERIOD OF COMMUNICABILITY:	Period of communicability is usually between 2 and 4 weeks.
MODE OF TRANSMISSION:	Diphtheria is usually spread through airborne route or through contact with saliva or nasal secretions of an infected person.
PREVENTION:	Can be prevented by following current immunization guidelines.
IMPLICATIONS FOR SCHOOLS:	Any illness suspicious of diphtheria should be immediately reported to Miami-Dade County Public Schools' Department of Comprehensive Health Services at 305-995-1235.

FIFTH DISEASE

(Erythema Infectiosum/Human Parvovirus Infection)

DESCRIPTION:	Fifth disease is a mild rash illness that occurs most commonly in children.
SIGNS AND SYMPTOMS:	The ill child typically has a “slapped-cheek” rash on the face and a lacy red rash on the trunk and limbs. Occasionally, the rash may itch. An ill child may have a low-grade fever, malaise, or a “cold” a few days before the rash breaks out. The child is usually not very ill and rash resolves in 7 to 10 days.
INCUBATION PERIOD	A susceptible person usually becomes ill 4 to 14 days after being infected with the virus, but may become ill for as long as 20 days after infection.
MODE OF TRANSMISSION:	The virus is probably spread from person to person by direct contact with respiratory secretions. This can occur through coughing, sneezing, speaking or sharing utensils or drinking cups.
PERIOD OF COMMUNICABILITY:	A person infected with fifth disease is contagious during the early part of the illness, before the rash appears.
PREVENTION:	There is no vaccine or medicine that prevents infection. Frequent hand washing is recommended as a practical and probably effective method to decrease the chance of becoming infected. Pregnant women who may have been exposed to fifth disease should consult with their physicians.
IMPLICATIONS FOR SCHOOLS:	Although no strict criteria for exclusion from school can be established, it is recommended that students stay home during the period when fever and tiredness are present, and until initial rash has faded. Doctor’s note stating the child may return to school may be requested. Single or sporadic cases of fifth disease do not have to be reported.

FOODBORNE DISEASES

(Shigella Salmonella, Campylobacter, E. Coli, etc.)
(Food Poisoning)

DESCRIPTION:	There are more than 50 different food borne diseases. Most of these diseases are infections caused by a variety of bacteria, viruses, and parasites that can be food-borne. The most common food-borne diseases include shigella, salmonella, campylobacter, and E.coli.
SIGNS AND SYMPTOMS:	These diseases usually infect the gastrointestinal tract, causing symptoms such as nausea, vomiting, diarrhea, and abdominal cramps.
INCUBATION:	Depends on the organism
MODE OF TRANSMISSION:	By ingesting contaminated food or beverages.
PERIOD OF COMMUNICABILITY:	Depends on the microorganism.
PREVENTION:	Give special attention to good personal hygiene, hand washing, especially before eating and after using the bathroom, environmental cleaning and sanitation, especially during food preparation.
IMPLICATIONS FOR SCHOOLS:	Exclude student from school. Student must have a doctor's note to return. Suspected cases of food poisoning are to be reported to the Department of Comprehensive Health Services at 305-995-1235, Miami-Dade County Public Schools' Department of Food & Nutrition at 305-995-3230, and the Miami-Dade County Public Schools' Department of Safety, Environment, and Hazards Management, at 305-995-4900.

HAND, FOOT & MOUTH DISEASE

(COXSACKIE VIRUS A)

DESCRIPTION:	A mild disease caused by a virus. It is a common illness of infants and children.
SIGNS AND SYMPTOMS:	It is characterized by fever, sores in the mouth, poor appetite, malaise, and rash with blisters.
INCUBATION PERIOD:	The usual incubation period is 3 to 7 days.
MODE OF TRANSMISSION:	The disease is transmitted through direct contact with nose and throat secretions, fluid from blisters and stool. It can also be spread if the infected person coughs, or sneezes within and enclosed area. Fever is often the first symptom of HFMD. A person is most contagious during the first week of the illness.
PREVENTION:	Preventative measures include frequent hand washing, especially after diaper changes, disinfection of contaminated surfaces by household cleaners.
IMPLICATIONS FOR SCHOOLS:	Exclude from school while fever persists and until lesions are healed.

HEAD LICE (PEDICULOSIS CAPITIS)

DESCRIPTION:	Lice are light gray insects that lay eggs or “nit” in hair, especially at the nape of the neck and about the ears. The life cycle of the head louse has three stages: egg, nymph, and adult
SIGNS AND SYMPTOMS:	Early signs may be itching caused by the bite of the louse (insect) and red bite marks and scratch marks may be observed on the scalp and neck. The presence of nits (eggs) attached to the hair shaft close to the scalp may exist in the absence of itching.
INCUBATION PERIOD:	The incubation period from laying eggs to hatching of the first nymph is 6 to 10 days. Mature adult lice capable of reproducing do not appear until 2 to 3 weeks later.
MODE OF TRANSMISSION:	Lice spread only when they crawl from person to person directly or when they crawl onto shared personal items; i.e., combs brushes, hats, bedding, etc.
PERIOD OF COMMUNICABILITY:	A person is infectious as long as lice or nits remain on their head or clothing.
PREVENTION:	Contact the Department of Comprehensive Health Services for information on prevention (305-995-1235).
IMPLICATIONS FOR SCHOOLS:	Exclude any students with lice or nits until satisfactorily treated and there are NO NITS found in the hair.

HEPATITIS A

DESCRIPTION:	Hepatitis A is an acute, self-limited viral illness spread primary through food or water contaminated with feces.
SIGNS AND SYMPTOMS:	Early signs and symptoms are fatigue, nausea, jaundice (yellowing of skin and eyes), loss of appetite, abdominal pain, and dark urine. Itching and clay-colored stools may appear. Jaundice often not visible in children, but occurs in about 70 % of symptomatic adults.
INCUBATION PERIOD:	Incubation period is 15 to 50 days (median of 28 days)
MODE OF TRANSMISSION:	The most common mode of transmission is person-to person from fecal contamination and oral ingestion. Most infection and illness occurs in the community-wide epidemics within families or in food borne outbreaks.
PERIOD OF COMMUNICABILITY:	Period of communicability is from two weeks prior to the onset of jaundice or laboratory abnormalities until one week after.
PREVENTION:	Universal Precautions, especially enforcing strict hand washing techniques. Ensure that all bathrooms are properly supplied with soap, paper towels, and toilet paper.
IMPLICATIONS FOR SCHOOLS:	Exclude from school for one week after symptoms appear and until jaundice has disappeared. Any suspected case of Hepatitis A must be reported to the Department of Comprehensive Health Services at 305-995-1235.

HEPATITIS B

DESCRIPTION:	A viral infection transmitted primarily through blood and body fluids of infected persons.
SIGNS AND SYMPTOMS:	Fatigue, loss of appetite, fever, nausea, and jaundice (yellowing) of the skin and whites of eyes, dark-colored urine, and light-colored stool. However, not everyone has symptoms.
INCUBATION PERIOD:	Incubation period is 4-28 weeks.
MODE OF TRANSMISSION:	The virus is found in the blood and body fluids of an infected person. Transmission occurs through unprotected sexual contact with an infected person, injection drug use, tattoos, and body piercing. The virus can also be spread from an infected mother to her child at birth by sharing personal care items such as toothbrushes or razors with an infected person, and through human bites from an infected person.
PREVENTION:	Hepatitis B can be prevented through vaccination (three doses are suggested). Hepatitis B vaccines are safe and effective and are recommended for all infants, children, adolescents, and adults. Other ways to prevent hepatitis B are condom use, use of gloves when in contact with blood, not injecting drugs, and not sharing needles, toothbrushes, razors, or other personal care articles. Caution should also be taken in deciding to get tattoos, or body piercing, as they can also be sources of infection.
IMPLICATIONS FOR SCHOOLS:	A case of Hepatitis B must be reported to the Department of Comprehensive Health Services at 305-995-1235.

HERPES SIMPLEX

DESCRIPTION:	Viral infection characterized by skin blisters or sores around the mouth and on the face. They are commonly called “cold sores” or “fever blisters.”
SIGNS AND SYMPTOMS:	Small sores or blisters around the mouth and/or on the face.
INCUBATION PERIOD:	Incubation period ranges from 2 days to 2 weeks.
PERIOD OF COMMUNICABILITY:	The Herpes virus can be isolated for 2 weeks and occasionally up to 7 weeks after sores first appear. Infection can reoccur.
PREVENTION:	Education and personal hygiene. Avoid contact or sharing objects with infected person.
IMPLICATIONS FOR SCHOOLS:	Exclusion from school not required. Evaluation by health care provider recommended if condition persists.

HIV INFECTION AND AIDS

DESCRIPTION:	AIDS (Acquired Immunodeficiency Syndrome) is caused by the Human Immunodeficiency Virus (HIV). The virus attacks the immune system crippling the body's ability to fight off diseases caused by common organisms that normally exist in the environment.
SIGNS AND SYMPTOMS:	In time HIV-infected persons may develop symptoms. These symptoms may include fatigue, unexplained weight loss, recurrent respiratory and skin infections, fever, swollen lymph glands throughout the body, enlarged spleen, diarrhea, mouth sores, night sweats.
INCUBATION PERIOD:	It is not unusual for an infected person to feel healthy for a long time. People who become infected with HIV may have no symptoms for up to 10 years.
MODE OF TRANSMISSION:	HIV is present in certain body fluids (semen, blood, and vaginal secretion, breast milk) of infected individuals. Person to person transmission occurs through sexual contact, exchange of blood or semen, by sharing needles and syringes, transfusion of blood or blood products and breast milk which contains HIV. Routine/casual contact with an HIV-infected person carries no risk of transmission.
PERIOD OF COMMUNICABILITY:	An HIV-infected individual can transmit the virus to other people throughout his/her lifetime even if he/she is symptom free.
IMPLICATIONS FOR SCHOOLS:	Refer to HIV/ AIDS Education Program "Worksite AIDS Packet" or call the HIV/ AIDS Education Program at 305-995-7118.

Hookworms (Creeping Eruption)

Description: There are many species of hookworms. The presence of hookworms can be demonstrated by finding the characteristic eggs in the feces.

Juveniles (larvae) of the dog and cat hookworms can infect humans. Rather, the juveniles remain in the skin where they continue to migrate for weeks (or even months in some instances). This results in a condition known as "**creeping eruption**." Hence the importance of not allowing dogs and cats to defecate indiscriminately.

Signs and Symptoms:

Early signs and symptoms are raised portions of the skin on exposed parts of the body which reveal the tunneling of the dog or cat hookworm, the cause of "**creeping eruption**". These usually appear on the feet and legs and usually cause intense itching.

Mode of Transmission:

Usually by walking barefoot over dirt or sand contaminated by droppings of infected dogs and cats.

Prevention:

Prevention is by wearing shoes and proper control of pets.

Implications for Schools:

It is not spread from person to person therefore, exclusion from school is not necessary.

IMPETIGO “FLORIDA SORES”

DESCRIPTION:	Impetigo is a skin infection caused by bacteria. It may affect skin anywhere on the body but usually attacks the area around the nose and mouth. Impetigo is generally caused by Group A streptococci bacteria or <i>Staphylococcus aureus</i> .
SIGNS AND SYMPTOMS:	Although impetigo can affect skin anywhere on the body, it most often attacks the face, causing areas of itchy skin with tiny blisters, especially around the mouth and nose, Blisters will eventually burst to reveal areas of red skin that may weep fluid. Gradually, a tan or yellowish brown crust will cover the affected area, making it look as if it's been coated with honey or brown sugar.
INCUBATION TIME:	One to three days.
MODE OF TRANSMISSION:	Impetigo can be spread from one area of skin to another by scratching. On the face, the infection usually spreads along the edges of an affected area, but it may also spread to more distant parts of the body on contaminated fingers. Impetigo is contagious from person to person. When someone in a household has impetigo, the infection can be passed to other family members on clothing, towels, and bed linen that have touched the infected person's skin.
PERIOD OF COMMUNICABILITY:	As long as lesions persist.
PREVENTION:	Impetigo can be prevented by following good general hygiene practices in caring for the skin. This includes either a daily bath or a shower with soap and water. Pay special attention to areas of the skin that have been injured, including cuts, scrapes, areas of eczema, and rashes caused by allergic reactions or poison ivy. Keep this area clean and covered.
IMPLICATIONS FOR SCHOOLS:	With antibiotic treatment, healing should begin within three days. A child with impetigo may return to school once his infection cannot be spread to classmates, usually about 48 hours after treatment begins.

INFLUENZA (FLU)

DESCRIPTION:	Influenza, commonly known as the “flu”, is a respiratory infection caused by the Influenza virus. Unlike other respiratory diseases, the flu causes severe illness, and life-threatening complications in many people.
SIGNS AND SYMPTOMS:	Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Additionally, children can have nausea, vomiting, and diarrhea, but these symptoms are uncommon in adults.
INCUBATION PERIOD:	The time from exposure to flu onset of symptoms is about one to four days, with an average of about two days.
MODE OF TRANSMISSION:	The main way that influenza viruses are spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are deposited on the mouth or nose of people nearby, or when a person touches respiratory droplets on another person, or an object and then touches their own mouth or nose (or someone else’s mouth or nose) before washing their hands.
PERIOD OF COMMUNICABILITY:	Individuals are most infectious during the 24 hours before the onset of symptoms and during the most symptomatic period, which is usually 7 days from the onset of illness.
PREVENTION:	The flu vaccine is the single best way to prevent the flu. However, there are other good health habits that help prevent the flu” 1) keep distance from people who are sick or distance yourself from people when you are sick: 2) cover your mouth and nose with a tissue when coughing or sneezing: 3) wash your hands often: 4) avoid touching your eyes, nose or mouth.
IMPLICATIONS FOR SCHOOLS:	In order to prevent other people from catching the flu, school children or staff with the disease, should remain home if they are symptomatic.

KAWASAKI DISEASE

DESCRIPTION:	Acute febrile illnesses of unknown cause that primarily affects children younger than 5 years of age.
SIGNS AND SYMPTOMS:	Kawasaki syndrome is characterized by fever, rash, swelling of the hands and feet, irritation and redness of the whites of the eyes, swollen lymph glands in the neck and irritation and inflammation of the mouth, lips, and throat.
INCUBATION PERIOD:	Unknown
MODE OF TRANSMISSION:	Unknown
PERIOD OF COMMUNICABILITY:	Unknown
PREVENTION:	Unknown
IMPLICATIONS FOR SCHOOLS:	Exclude for fever. Doctor's note required to be readmitted. Report to the Department of Comprehensive Health Services at 305-995-1235.

LYME DISEASE

DESCRIPTION:	Lyme disease is an infectious illness caused by a bacterium. It is transmitted mainly through tick bites. Lyme disease can affect people of all ages. However, only a small percentage of people who are bitten by a deer tick get Lyme disease.
SIGNS AND SYMPTOMS:	Symptoms can begin with a skin rash characterized by large red doughnut shaped welts. The skin lesions may be accompanied by aches and pains, fatigue, fever, headache, joint pain, and stiff neck. Untreated symptoms may progress to more serious and chronic complications.
INCUBATION PERIOD:	The incubation period from infection to onset of the rash is typically 7 to 14 days but may be as short as 3 days and as long as 30 days.
MODE OF TRANSMISSION:	The tick injects saliva carrying the bacteria into the bloodstream or deposits fecal matter on the person's skin.
PERIOD OF COMMUNICABILITY:	None, this disease is spread by exposure to the tick not human exposures.
PREVENTION:	Tick infested areas should be avoided whenever possible. In a tick-infested area, clothing should cover as much of the arms and legs as possible.
IMPLICATIONS FOR SCHOOLS:	A student with Lyme disease should be reported to the Department of Comprehensive Health Services at 305-995-1235. Any student identified with a tick should be referred to their physician.

MALARIA

DESCRIPTION:	Malaria is a serious and sometimes fatal disease caused by a parasite.
SIGNS AND SYMPTOMS:	Includes fever and flu-like illness, including shaking chills, headache, muscle aches, and tiredness.
INCUBATION PERIOD:	Varies from 7 to 30 days.
MODE OF TRANSMISSION:	Usually, people get malaria by being bitten by an infected female mosquito. Malaria can also be transmitted through blood transfusion, organ transplant, or the shared use of needles or syringes contaminated with blood.
PERIOD OF COMMUNICABILITY:	A patient may be a source of mosquito infection as long as malaria parasites are in the blood.
PREVENTION:	Control of mosquito population is the best measure to prevent malaria. People living in at risk areas should: 1) keep mosquitoes from biting, especially at night: 2) destroy places around your home where mosquitoes breed: 3) wear insect repellent and long-sleeved clothing if outdoors at night.
IMPLICATIONS FOR SCHOOLS:	A student with a malaria illness should be reported to the Department of Comprehensive Health Services at 305-995-1235.

MENINGITIS (Bacterial)

DESCRIPTION:	A bacterial infection that affects the membranes surrounding the brain and the spinal cord. Meningitis may be caused by a number of bacteria.
SIGNS AND SYMPTOMS:	Sudden onset of fever, intense headache, stiff neck, nausea, vomiting, and frequently a rash. Illness is generally severe and associated with high fever.
INCUBATION PERIOD:	One to 10 days, usually less than 4 days.
MODE OF TRANSMISSION:	The bacteria are passed between people who are in close contact through coughing, sneezing, nasal discharge, saliva, and touching of infected secretions. It can be spread by sharing eating utensils, drinking cups, water bottles, and kissing.
PERIOD OF COMMUNICABILITY:	As long as the bacteria remain in the nose and throat, however, they are usually eradicated 24 hours after appropriate treatment.
PREVENTION:	People who live in the same household or attend the same day-care center, or anyone with direct contact with a patient's oral secretions (such as a boyfriend or girlfriend) would be considered close contacts and are at increased risk of acquiring the infection.
IMPLICATIONS FOR SCHOOLS:	Meningitis should be immediately reported to the Department of Comprehensive Health Services at 305-995-1235. A doctor's note is needed to return to school.

MENINGITIS (VIRAL)

DESCRIPTION:	Meningitis causes inflammation of the tissues that cover the brain and spinal cord. Viral or aseptic meningitis, which is the most common type, is caused by an infection with one of several types of viruses.
SIGNS AND SYMPTOMS:	Symptoms usually consist of headache, tiredness and low-grade fever. A stiff neck, respiratory and gastrointestinal symptoms such as nausea and vomiting may occur. Aseptic meningitis is common. The illness usually lasts 7 to 10 days.
INCUBATION PERIOD:	Incubation period is usually 3 to 7 days
MODE OF TRANSMISSION:	Enteroviruses; the most common cause of viral meningitis, are most often spread through direct contact with respiratory secretions (e.g., saliva, sputum, or anal mucus) of an infected person. This can happen by shaking hands with an infected person or touching something they have handled, and then rubbing your own nose or mouth. The virus can also be found in the stool of infected persons. This occurs mainly among small children who are not yet toilet trained. It can also be spread to adults changing the diapers of an infected infant.
PERIOD OF COMMUNICABILITY:	From the third day after the infection until about ten days after symptoms develop. The virus is present in respiratory secretions and in the stool of small children.
PREVENTION:	Good personal hygiene can help to reduce chances of becoming infected. The most effective method of prevention is to wash hands thoroughly and often. Cleaning contaminated surfaces with a dilute solution of chlorine-containing bleach (made by mixing approximately ¼ cup of bleach with 1 gallon of water), and washing soiled articles can be a very effective way to inactivate the virus especially in institutional settings such as childcare centers.
IMPLICATIONS FOR SCHOOLS:	Exclude from school. Report to the Department of Comprehensive Health Services at 305-995-1235. A doctor's note is needed to return to school.

INFECTIOUS MONONUCLEOSIS

DESCRIPTION:	This is a viral syndrome caused by the Epstein-Barr virus. Full-blown mononucleosis is most common in adolescents and young adults.
SIGNS AND SYMPTOMS:	Fever, sore throat, swollen lymph glands. Sometimes, a swollen spleen or liver involvement may develop.
INCUBATION PERIOD:	Thirty to fifty days.
MODE OF TRANSMISSION:	This is often called the kissing disease. Illness is spread from person to person through coughing, sneezing, sharing a glass or cut transmits the disease. It is not highly contagious.
PERIOD OF COMMUNICABILITY:	Symptoms of the disease usually resolve in 1 or 2 months, However the Epstein-Barr virus remains dormant in a few cells in the throat and blood.
PREVENTION:	Mononucleosis is believed to spread through saliva. Infected people can help prevent spreading the virus to others by not kissing them and by not sharing food, dishes, glasses and utensils until several days after the fever has subsided. Good hand washing should be practiced.
IMPLICATIONS FOR SCHOOLS:	A doctor's note is required for re-admittance. If symptoms reoccur, reevaluation by a doctor is required.

MUMPS

DESCRIPTION:	Mumps is a systemic disease (affects the entire body) characterized by swelling of one or more of the salivary glands, usually the parotid glands.
SIGNS AND SYMPTOMS:	Early signs and symptoms begin with slight fever and nausea. Painful swelling then appears about the angle of the jaw and in front of the ear.
INCUBATION PERIOD:	14 to 18 days, (range 14-25 days), usually 18 days.
PERIOD OF COMMUNICABILITY:	From 3 days before symptoms appear to about 4 days after, but no longer has swelling of glands persisted.
PREVENTION:	Vaccine preventable.
IMPLICATIONS FOR SCHOOLS:	Exclude students from school until swelling recedes. Other children in the family may attend school, but the teacher should observe them closely and exclude them immediately at the earliest symptom of illness. A case of mumps (suspected or confirmed) must be reported to the Department of Comprehensive Health Services at 305-995-1235. A doctor's note is required to return to school.

PERTUSSIS (WHOOPIING COUGH)

DESCRIPTION:	Whooping Cough is a highly communicable, vaccine-preventable disease that lasts for many weeks.
SIGNS AND SYMPTOMS:	Begins with cold symptoms, and over one to two weeks develops into attacks of severe coughing which can last one to two months. The “whoop” sound occurs when the person tries to draw a breath after a coughing spell.
INCUBATION PERIOD:	Commonly 7 to 10 days, with a range of 4 to 21 days, and rarely may be as long as 42 days.
MODE OF TRANSMISSION:	Transmission occurs through direct contact with discharges from respiratory mucous membranes of infected person. Pertussis is highly contagious with up to 90% of susceptible household contacts developing clinical disease following exposure to the initial case.
PERIOD OF COMMUNICABILITY:	Period of greatest risk occurs during the first 2 weeks after the cough onset. Persons who have completed five days of antibiotic treatment are no longer infectious. Without treatment, a person is infectious for up to three weeks.
PREVENTION:	Immunization of all children through age six with diphtheria, tetanus, pertussis (DTap) immunization. Booster is usually given on admission to school.
IMPLICATIONS FOR SCHOOLS:	Student or staff member is to be excluded from school. A case of Pertussis (suspected or confirmed) must be reported to the Department of Comprehensive Health Services at 305-995-1235. A doctor’s note is required to return to school.

PINWORM INFECTION (ENTEROBIASIS)

DESCRIPTION:	Pinworms is an intestinal infection. They are tiny worms that infect humans and live in the lower intestine. The worms come out through the anus at night and lay their microscopic eggs around the opening.
SIGNS AND SYMPTOMS:	Intense itching may occur in the anal region. Irritability, disturbed sleep, and sometimes secondary infection of the scratched skin may occur.
INCUBATION PERIOD:	The time from ingestion of an egg until an adult female migrates to the perianal region is 1 to 2 months or longer.
MODE OF TRANSMISSION:	Pinworm eggs are infective within a few hours after being deposited on the skin. They can survive up to 2 weeks on clothing, bedding, or other objects. Adults or children can become infected after accidentally ingesting infective pinworm eggs from contaminated surfaces or fingers.
PERIOD OF COMMUNICABILITY:	As long as eggs are being discharged around the anus. The eggs remain infective for up to 2-3 weeks outside the body.
PREVENTION:	Good hand washing, particularly before eating or preparing food is the best means to prevent the spread of this infection.
IMPLICATIONS FOR SCHOOLS:	Parents of students with Pinworm infection or suspicion of infection should be notified and advised to seek medical attention. When informed by the parent that treatment has been started, the child may return to school.

RINGWORM (Tinea)

DESCRIPTION:	Ringworm is an infection of the skin, hair or nails caused by a fungus.
SIGNS AND SYMPTOMS:	Early sign and symptoms appear on the scalp as round scaly patches with short broken-off hairs. They may also appear anywhere on the body. Itching is very common.
INCUBATION PERIOD:	Unknown
MODE OF TRANSMISSION:	Ringworm is spread by either direct or indirect contact. People can get ringworm by direct skin-to-skin contact with an infected person or pet. People can also get ringworm indirectly by contact with objects or surfaces that an infected person or pet has touched such as hats, combs, brushes, bed linens, stuffed animals, telephones, gym mats, and shower stalls. In rare cases ringworm can be spread by contact with soil. The greatest incidence is among children from five to twelve years of age.
PERIOD OF COMMUNICABILITY:	Undetermined.
PREVENTION:	Stress the importance of good personal hygiene, such as hand washing and not sharing personal items (combs, hairbrushes, hats).
IMPLICATIONS FOR SCHOOLS:	Anyone having ringworm of the scalp should be placed under the treatment of a physician. No child should be readmitted to the classroom without a note from a physician stating that the child is under his/her care. During treatment, the child should be excluded from gymnasium activities and swimming pools. Ringworm of the body or feet (athlete's foot) can usually be treated with nonprescription medications. Readmission to school should be allowed upon receipt of a note from the parent indicating treatment has begun.

RUBELLA (German Measles)

DESCRIPTION:	Rubella is usually a mild disease characterized by a rash that involves the entire body; Inflammation of ganglia in several locations (nape of neck, behind the ears, and in the neck), and fever.
SIGNS AND SYMPTOMS:	Early sign and symptoms begin with a rash. Fever and rash in rubella usually have a simultaneous onset. A small nodular swelling often occurs behind the ears and along the posterior hairline, thereby aiding in the diagnosis. There are many mild viral illnesses easily confused with rubella. Rubella can cause a constellation of malformation in the fetus if the pregnant mother becomes infected.
INCUBATION PERIOD:	14 Days with a range of 12 to 23 days.
MODE OF TRANSMISSION:	Rubella is spread from person-to person via airborne transmission or droplets shed from the respiratory secretions of infected persons. There is no evidence of insect transmission.
PERIOD OF COMMUNICABILITY:	The disease is most contagious when the rash is erupting, but virus may be shed 7 days before to 5-7 days or more after rash onset.
PREVENTION:	Rubella vaccine within twenty-four hours of exposure for susceptible contacts. Pregnant females with no prior history of rubella should avoid contact with any person infected with the disease and should consult their physician if exposed.
IMPLICATIONS FOR SCHOOLS:	A case of rubella must be reported to the Department of Comprehensive Health Services at 305-995-1235. A doctor's note is required to return to school.

(MEASLES) RUBEOLA

DESCRIPTION:	Measles is an acute disease characterized by fever, conjunctivitis, and rash on skin and inside mouth and sometimes, other organs.
SIGNS AND SYMPTOMS:	Early signs and symptoms of measles begin with fever and sick-all-over feeling. Runny eyes, nose, and cough develop during the first day of illness. The child gets progressively sicker over a period of several days before the rash appears. The typical measles-like rash then usually covers the entire body. The child continues to get sicker over the first three to four days of rash and gradually gets better as the rash subsides.
INCUBATION PERIOD:	7 to 18 days and is usually about 14 days.
MODE OF TRANSMISSION:	Measles is transmitted b direct contact with infectious droplets or, less commonly, by airborne spread.
PERIOD OF COMMUNICABILITY:	1-2 days before onset of symptoms; 3-5 days before the rash; 4 days after appearance of rash.
PREVENTION:	Measles vaccine is one of the vaccines required for admission to school. Un-immunized contacts should be given measles vaccine within 24 hours of contact. Those exempted from measles vaccination for medical or religious reasons, if not immunized within 72 hours of exposure should be excluded from school or child care until at least 2 weeks after the onset of rash of the last case of measles in the school. .
IMPLICATIONS FOR SCHOOLS:	A case of measles must be reported to the Department of Comprehensive Health Services at 305-995-1235. A doctor's note is required to return to school.

SCABIES

DESCRIPTION:	Scabies is a skin infestation characterized by an intensely itching reddish, somewhat bumpy rash, which is caused by burrowing of adult female mites in the upper layers of the skin.
SIGNS AND SYMPTOMS:	Early sign and symptoms in school – age children are usually in the form of small papules that are usually present in the finger webs, around the wrists, the outside of the forearm and the inside of the upper arm. Rash may also be present on other parts of the body. Itching is always a prominent symptom. Scratching and super-infection of the broken scabies papules often mask early symptoms and signs. Transmission may be by direct person contact or by indirect contact of the clothing, bedding, etc.
INCUBATION PERIOD:	In people who have never been exposed before, it is usually 4 to 6 weeks. In those with previous exposure, it is 1 to 4 days. Re-infestations are usually milder than the original episode.
MODE OF TRANSMISSION:	Transmission usually occurs through prolonged, close personal contact. Humans are the source of infestation. Since mites from dogs and cats do not replicate in humans, infestations from these animals are uncommon.
PERIOD OF COMMUNICABILITY:	Begins before the first symptoms appear and lasts until two hours after effective treatment has been applied. Effective treatment requires the use of a prescription medication applied to the entire skin surface below the chin.
PREVENTION:	Family should be advised to seek medical attention. Prophylactic therapy is recommended for household members, particularly for those who have had prolonged directed skin-to-skin contact. All household members should be treated at the same time to prevent re-infestation. Caregivers who have had prolonged skin-to skin contact with infected patients may benefit from prophylactic treatment.
IMPLICATIONS FOR SCHOOLS:	Exclude child from school. Report cases to the Department of Comprehensive Health Services at 305-995-1235. Must have a doctor's note to return.

SEXUALLY TRANSMITTED DISEASES (STD)

Transmission of STD does occur almost totally via sexual contact. It is extremely important to ensure that the student is seen, either by a family physician or through the Miami-Dade County Health Department (M-DCHD), Sexually Transmitted Disease Control and Prevention. If a Miami-Dade County Public School (M-DCPS) staff member receives information from a student or suspects a student might have an STD (Remember, We do not diagnose), and depending on the age of the student (age 13 and older can go to the M-DCHD, STD division, without parental consent), the staff member should guide the student to their family physician or to the M-DCHD, STD division, at 305-325-3242. Confidential testing and counseling, is available at the M-DCHD.

STREPTOCOCCAL DISEASES SCARLET FEVER/ STREP THROAT

DESCRIPTION:	A streptococcal throat infection with its accompanying skin rash is known as scarlet fever. If the rash is absent, it is called "strep throat".
SYMPTOMS:	Sore throat, headache, fever, nausea, and sometimes vomiting. Skin rash is present in Scarlet fever.
INCUBATION PERIOD:	1 to 7 days.
MODE OF TRANSMISSION:	Transmission almost always occurs after contact with respiratory secretions.
PERIOD OF COMMUNICABILITY:	From the first sign of illness until all abnormal discharge from the nose, throat and sores has stopped.
PREVENTION:	No immunization recommended. Prophylactic antibiotic drugs are often given to exposed children with a history of rheumatic fever. Others should be observed for a sore throat, rash, or febrile illness.
IMPLICATIONS FOR SCHOOLS:	The patient is to be excluded from school until he or she has been under medical treatment and free of fever for twenty-four hours.

TUBERCULOSIS (TB)

DESCRIPTION:	TB is a bacterial infection that usually affects the lungs.
SIGNS AND SYMPTOMS:	It can cause persistent cough, weight loss, fever, night sweats, and blood in sputum.
INCUBATION PERIOD:	Incubation period is 4-12 weeks.
PERIOD OF COMMUNICABILITY:	As long as infectious tubercle bacilli are being discharged. Transmission occurs by contact with sputum of an infected person. Antimicrobial therapy generally terminates communicability within a few weeks.
IMPLICATIONS FOR SCHOOLS:	Exclusion from school during communicable period, as determined by the attending physician. Remember that children having a positive PPD skin test should have a negative chest X-ray or be under further documented medical treatment before being permitted to enter or return to school.
PREVENTION:	Epidemiological investigation and close follow-up of the infected person and his/her contact. Treatment and screening of contacts is available free of charge from the Miami-Dade County Health Department. Call Comprehensive Health Services at 305-995-1235 to report a case of TB.

Miami-Dade County Health Department – School Health Program

A Guide for the Prevention & Treatment of Head Lice*

“Check your child’s homework; check your child’s hair”

Anyone – child or adult – can get head lice. Head lice are passed from person to person by direct contact, or by sharing objects (combs, towels, headphone, hats, etc.). Getting lice has nothing to do with cleanliness and having lice does not reflect poorly on you as a parent. The problem can be easily managed. Just follow the directions below:



1. WHAT TO LOOK FOR...

Head lice are small grayish-tan crawling insects about the size of a sesame seed. Look for tiny eggs (nits) on hair shafts, near the scalp, and especially at the nape of the neck and behind the ears. Any family member with lice or nits must be treated.



2. HEAD LICE TREATMENT...

Several products are available without a prescription; most require a second application 7-10 days after the first. Read and follow the product information carefully. Consult with your physician or pharmacist for more information.



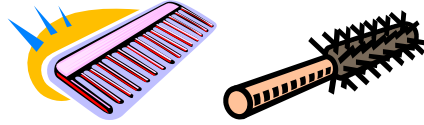
3. HEAD LICE – DEAD LICE

Remove all lice and nits (eggs) using a special nit comb, or your fingernails. Look at the hair outdoors in sunlight (a magnifying glass maybe helpful). Research shows that you must comb and check hair for nits **EVERYDAY UP TO 14 DAYS TO STOP THE LIFE CYCLE OF THE LOUSE**. Miami-Dade County Public Schools has a **no nit** policy. Even if you have treated your child’s head with shampoo, but nits are found in their hair when returning to school, the child will be excluded from school. **REMEMBER:** If your child gets lice over and over, you probably haven’t removed all the eggs. Remaining eggs can hatch and cause a re-infestation. The best treatment is the **COMPLETE** removal of lice and nits.



4. WASH & DRY...

Use hot water and dry on hot cycle for at least 20 minutes. Items that are not washable should be vacuumed (stuffed animals, helmets, headsets, etc.)



5. SOAK ...

Combs, brushes, etc. the hotter the better, but at least 130 degrees F. for at least 10 minutes.



6. VACUUM EVERYWHERE...

To make sure the rest of you home is lice free, you should vacuum carpets, pillows, mattresses, upholstered furniture and even car seats. **Avoid the use of lice sprays.**



7. FACTS & TIPS TO REMEMBER...

Lice prefer to stay in the hair, not the environment.

Lice cannot stay alive in schools or school buses on the weekends, because they cannot live without human contact for more than 48 hours.

Kids might get head lice at sleepovers, while at group or club activities, family gatherings, babysitting, playing sports, watching TV or playing video games together.

According to national research, lice appear more prevalent after school breaks because lice are a community problem, and children have more close contact with each other during breaks.

Head lice are spread if two heads are together.

Lice cannot jump or fly.

The color of the louse depends on when it had its last blood meal.

Pets do not get head lice.

Head lice can happen to anyone.

REMEMBER: SCHOOLS DON'T GET LICE, PEOPLE DO.

FOR MORE HELP:

1. National Pediculosis Association www.headlice.org
2. Center for Disease Control (CDC) www.cdc.gov

Spanish and Haitian Creole versions of this information may be found at <http://comprehensivehealthservices.dadeschools.net/>

*Pasco County School District "Nice People Get Lice"

Instructions for School Staff

IF A CHILD IS SUSPECTED OF HAVING HEAD LICE:

- Refer the student to the designated school health personnel who will check the student's hair to confirm the presence of nits or lice.

WHAT TO DO IF A STUDENT IS KNOWN TO HAVE HEADLICE...

- Exclude student from classroom.
- Call parents to pick student up.
- Send the Head Lice Notification Letter and Guidelines home with the student.
- Parents must accompany the student on return to school and the student must be re-screened before returning to class.