

# Communicable Disease Protocols

## Chicken Pox

### ***Disease Description***

Illness caused by virus with sudden fever, tiredness, and skin rash. Rash begins as a small blister and leaves a scab in three to four days.

### ***Incubation Period***

Eleven (11) to twenty (20) days

### ***Infectious Period***

Up to five days before rash appears until all blisters are crusted over. Typically, 1 week.

### ***Ways to Limit Spread***

Spread through contact with blisters and by sneezing and coughing. Separate ill child from others who have not had the disease or are not immune from vaccination (i.e. no vaccine or not vaccinated yet after transplant).

### ***Camp Protocol***

Because Chicken Pox in some people can be quite severe, exclude the child or companion from camp. Child/companion is contagious until all skin blisters have crusted and there are no weeping blisters (about five to seven days from the start of the rash). Notify other families of illness. Do not give aspirin to child as there appears to be an association between aspirin and Reye's Syndrome (a serious illness which can cause death). Contacts who are pregnant and have not had Chicken Pox or are not immune should consult their health providers.

## Chicken Pox

**Shingles/Herpes Zoster** is caused by a reactivation of the varicella zoster virus in the nerve roots. Shingles usually appears in a small band or strip on one side of the body. A person can only get shingles if he or she already had the chicken pox. If someone who hasn't had the chicken pox is exposed to shingles, he or she will get the chicken pox. Campers should avoid exposure to shingles until the rash is completely healed.

## Diarrhea

### ***Disease Description***

An increased number of watery stools in a 24-hour period. It may be the result of changes in food and drink, and requires clinical evaluation to determine if it is communicable.

### ***Incubation Period***

Depends on the cause, but typically 48-72 hours, may be as little as a few hours.

If the following symptoms exist, the child is more likely to have a communicable disease:

- Child does not look or act as though they are well.
- Blood in stool that is bright red or coffee colored.
- Pus in stool
- Fever
- Weight loss or failure to gain weight
- Signs of Dehydration- this symptom is life threatening and may include the following:
  - no urination for several hours
  - tongue, lips and inside of mouth dry
  - no tears when child cries
  - excessive thirst
  - dry and possibly hot skin
  - child lacks energy and responsiveness to surroundings
  - child may complain of sudden headache

### ***Ways to Limit Spread***

Handwashing after toileting/diapering and exclusion from center until stools are solid.

### ***Camp Protocol***

Exclude if child or companion if they have two loose or runny stools above normal within 24 hours and instruct parent to keep child home until bowel movements become solid for twenty four (24) hours and if signs of a communicable disease are present the parent must bring a note from their provider indicating that their child does not have a communicable disease or is no longer contagious. Other families and staff should be notified if it is determined that the child or companion had a communicable disease.

## **Fifth Disease**

### ***Disease Description***

A common, mild viral illness causing a skin rash that is bright red on the cheeks and may spread to the arms, legs, and chest. Sometimes rash may get brighter if the body is warm. Usually no fever. Sometimes causes achy joints.

### ***Incubation Period***

Estimated to be four (4) to fourteen (14) days.

### ***Infectious Period***

During incubation period. Once rash has developed, no longer contagious.

### ***Ways to Limit Spread***

Probably spread through drainage from nose and throat. Thorough hand washing helpful.

### ***Camp Protocol***

No exclusion is necessary. Notify other families of illness. **Pregnant child care staff and parents should avoid any contact with a child with Fifth's disease and should consult with their health care providers if exposure occurs.**

## **Fifth Disease**

## **Hand, Foot, and Mouth Disease (Coxsackie A)**

### ***Disease Description***

Viral illness causing fever, sore throat, sores inside the mouth, and a blister-like rash that may appear on the hands, feet, buttocks, or face. This is not a disease that affects cattle.

### ***Incubation Period***

Two (2) to five (5) days.

### ***Infectious Period***

During the symptoms and for several weeks afterward.

### ***Ways to Limit Spread***

Spread through contact with nose and throat secretions (including sneezing and coughing) and stool. Wash hands after handling body secretions. Encourage people to cover nose and mouth when sneezing.

***Camp Protocol*** Exclude the child from camp.

## **Coxsackie Virus**

## **Impetigo**

### ***Disease Description***

Bacterial skin infection with honey-crusts sores around mouth, nose, arms, or legs.

### ***Incubation Period***

Usually one (1) to five (5) days, but may be more than five (5) days.

### ***Infectious Period***

Until sores are completely healed or child has been treated with antibiotics for twenty four (24) hours.

***Ways to Limit Spread***

Spread by direct contact with sores. Good handwashing will decrease spread.

***Camp Protocol***

Report to parent so child can get medical care. Exclude child or treatment a minimum of twenty four (24) hours after antibiotic treatment is started to allow it enough time to get rid of the bacteria. Notify other families of illness.

***Impetigo***

***Flu (Influenza)***

***Disease Description***

Mild to severe infection caused by virus with sudden fever, chills, cough, sore throat, and aching muscles. Also, may have headache, runny nose, and feel tired.

***Incubation Period***

1-4 days with a mean of 2 days.

***Infectious Period***

24 hours before symptom onset, viral shedding peaks in the first 3 days of illness and resolves by 7 days. Can be up to 10 days in the immune compromised host.

***Ways to Limit Spread***

Cover mouth & nose when sneezing, good hand washing practices, avoid sharing cups & tissues Page | 52 Revised 05\_2018

***Camp Protocol***

Since flu can be a serious illness, exclude child or companion from camp until they are well (fever, congestion cough is gone or minimal) to prevent complications

***Meningitis***

***Disease Description***

Inflammation of the lining of the brain and spinal cord often caused by bacteria or viruses. Symptoms include high fever and chills, stiff neck, headache, vomiting, and sometimes coma, seizures, and a rash.

***Incubation Period***

One (1) to seven (7) days.

***Infectious Period***

Until the organism is not found in nose and mouth discharges (twenty-four (24) hours after treatment started).

***Ways to Limit Spread***

Spread by contact with nose and mouth discharge or by coughing and sneezing. Avoid sharing cups and tissues. Use good handwashing practices. Some forms of meningitis can also be spread through the fecal-oral route.

***Camp Protocol***

Exclude child or companion until doctor gives permission to return to child care. Observe other children for signs of illness and notify their families.

***Pink Eye (Conjunctivitis)***

***Disease Description***

Common infection caused by bacteria or virus with irritated, watery eyes, swollen lids and a clear or yellow discharge that makes eyelashes sticky. One or both eyes may be affected.

***Incubation Period***

Twenty four (24) to seventy two (72) hours.

***Infectious Period***

During active infection.

***Ways to Limit Spread***

Spread through contact with eye discharge. Avoid touching the eyes and use good handwashing practices.

***Camp Protocol***

If the pink eye is thought to be caused by a bacterium, exclude the child or companion for twenty four (24) hours after antibiotic treatment is started. Symptoms should subside rapidly. If they don't it is most likely that the pink eye is being caused by a virus, therefore, the child should be excluded until there is no drainage, in order to prevent the spread of this illness. Notify other families of the illness.

**Scarlet Fever and Strep Throat (Streptococcal infections)*****Disease Description***

Caused by bacteria. Infection with sore throat, fever, and sometimes a rash.

***Incubation Period***

2-5 days

***Infectious Period***

Until 12 hours after treatment has begun. ***Ways to Limit Spread***

Spread by contact with nose and mouth discharge. Use good handwashing practices and avoid sharing cups and tissues.

***Camp Protocol***

Exclude child or companion until twelve (12) hours after starting antibiotic treatment to allow enough time to get rid of the bacteria. Inform other families of illness and encourage them to seek care if symptoms occur.

**Scarlet Fever Rash Strep Throat****Whooping Cough (Pertussis)*****Disease Description***

Highly contagious respiratory infection caused by bacteria. Begins with cold-like symptoms and cough which get worse within one (1) to two (2) weeks. The cough is followed by a "whooping" sound, sweating, exhaustion, vomiting, and thick mucus. The cough persists for up to 3 months (90 days)

***Incubation Period***

Usually seven (7) to ten (10) days, but can be as long as twenty one (21) days.

***Infectious Period***

Most contagious during cold-like stage; seldom contagious after the fifth week of disease.

***Ways to Limit Spread***

Spread with direct contact with or coughing from person with illness. Use good handwashing practices and avoid sharing cups and tissues.

***Camp Protocol***

Exclude child or companion for the first five (5) days of antibiotic treatment to allow enough time to get rid of the bacteria. Observe children who have been exposed. If signs of cold-like illness develop, separate the child until it can be determined if child has whooping cough. Review child's immunization records for protection against Pertussis. Notify other families of illness.

**For an "outbreak" of any communicable diseases, the local health department must be notified.**

**Physician Signature** \_\_\_\_\_ **Date** \_\_\_\_\_