

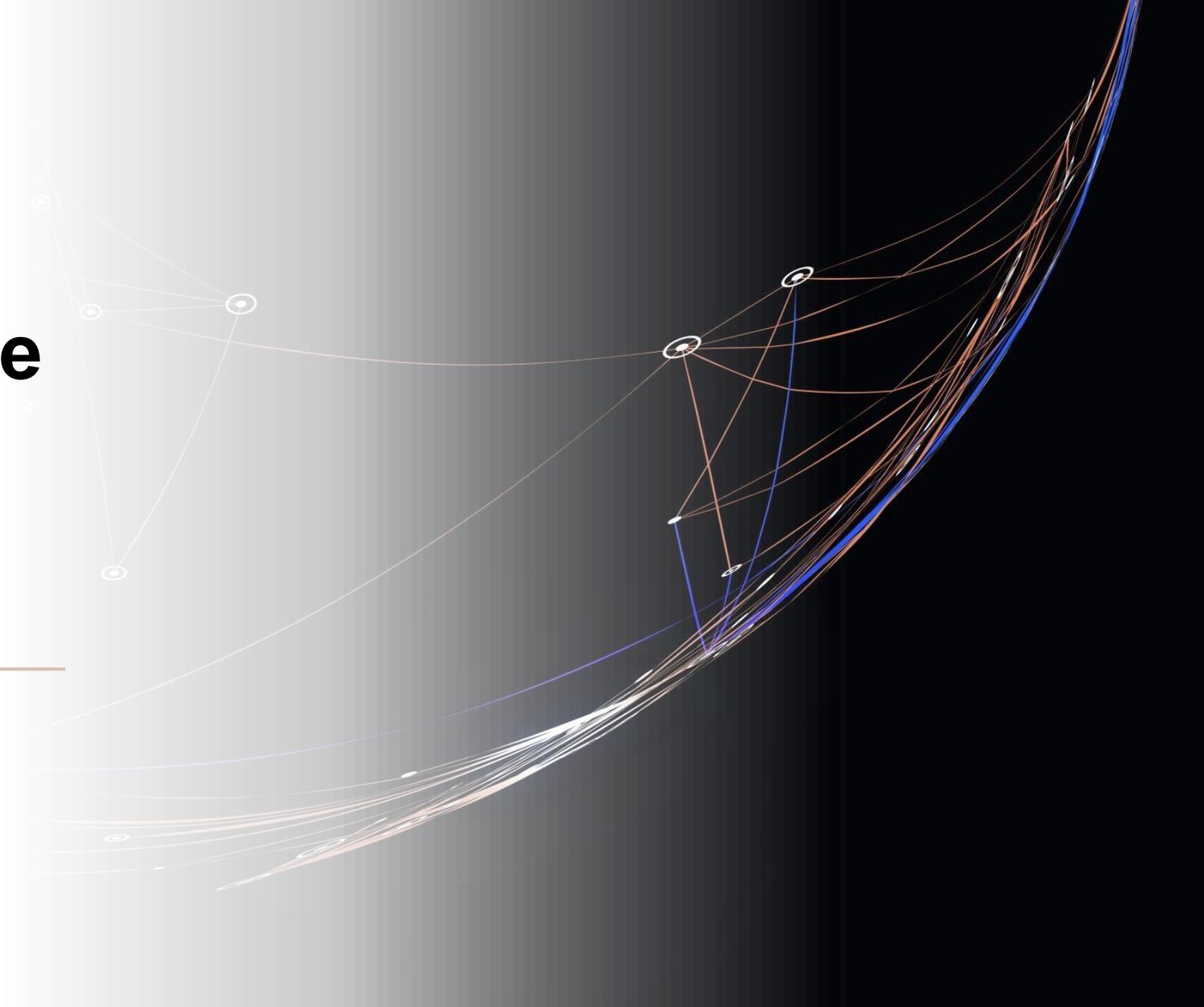


MCS

Communicable Disease Training for School Staff

Policy 2423

WV Code 18-5-15



Preventing spread of any disease



Tuberculosis (TB)

Caused by bacterium called Mycobacterium tuberculosis complex and diagnosed by x ray and other tests

Affects lungs and may affect other body systems

Spread through the air when a person breathes in droplets from a positive person

Incubation period is 2-12 weeks causing a positive reaction at that time

Can be passed to others if the live organism is present in respiratory secretions

Treatment is with several medications given over at least 6 months

The health department will determine when a person is no longer infectious

Types of Tuberculosis Disease

Latent TB Infection

- Bacteria present in body but no symptoms present
- Cannot spread disease to others
- Medications are taken to prevent active TB

Active TB Disease

- Symptoms present
- Medical tests to diagnose
- Must be isolated from others
- May resume activities with treatment and release by the health department

Pertussis (Whooping Cough)

- Highly contagious bacterial infection, particularly in children under 2
- Prevented through DTaP and TDaP immunization
- Diagnosed by lab testing and physician exam
- Begins with cold-like symptoms and may hear a "whoop" sound when inhaling
- Cough may persist for 1-3 months
- Spread through contact with respiratory secretions
- Incubation period is commonly 5-10 days, not more than 21 days
- Not contagious after 5 days of antibiotic treatment and symptom improvement
- Stay home until that time and notify health department

Bacterial Meningitis

Infection of tissues (meninges) covering the brain and spinal cord and diagnosed by spinal tap

Prevented with the HIB vaccine

Symptoms – fever, loss of appetite, nausea, vomiting, stiff neck, headache

Spread through direct contact with respiratory secretions

Incubation period is 1-10 days; usually about 4 days

May be spread if organisms are present in the body

Not considered contagious after taking prescribed antibiotics for 24-48 hours

Notify health department of suspected or confirmed cases

Student should be excused until treatment has been ongoing for at least 24 hours and symptoms are significantly improved

Viral Meningitis

Infection of tissues (meninges) covering the brain and spinal cord and diagnosed by spinal tap

Symptoms – fever, loss of appetite, nausea, vomiting, stiff neck, headache

Usually lasts 7-10 days and is not typically life threatening

Spread through contact with respiratory secretions and/or stool of positive persons

Incubation period 2-21 days

Most infectious 7-10 days before and after onset of symptoms

Excreted in stool for 1-2 months after illness

Notify health department of suspected cases

Stay home until no fever for 24 hours without the use of fever reducing medications and encourage proper bathroom hygiene practices

No specific treatment other than for symptoms

Influenza (Flu)

- Viral infection affecting the respiratory system
- Vaccines available to reduce transmittance and severity of symptoms
- Several types of the disease with strains that change each year
- Symptoms – fever, chills, headache, respiratory symptoms, body aches
- Spread through respiratory secretions
- Incubation period 1-3 days
- Contagious 24 hours before symptoms develop and up to 3 days after onset of symptoms
- Stay home until no fever for 24 hours without use of fever reducing medications and symptoms have improved
- Encourage parents to seek medical care
- Report all cases to the health department
- Encourage hand hygiene and cough and sneeze etiquette
- Treatment includes rest, drink plenty of fluids, and medications to relieve symptoms

Mumps

Viral infection

Prevented through MMR vaccine

Symptoms – swelling of glands underneath jaw or in front of ear, fever, chills, headache, tenderness of testicles in males, 30 % will have no symptoms

Spread through respiratory secretions or contaminated surfaces

Incubation period is 12-25 days; usually 16-18 days

Contagious up to 6 days before swelling of the glands and up to 9 days after

Notify the health department of cases

Stay home and return with health department release

Treatment for symptoms only

Conjunctivitis

- Bacterial infection of the white part of the eye (sclera)
- Symptoms- yellow green discharge, redness, pain and swelling of lids and tissues in eye
- Spread by direct contact with secretions from the eye affected and items such as towels, or other personal items
- Incubation period is 24-72 hours
- Contagious if the eye is draining
- Stay home until 24 hours after treatment with topical antibiotics begins and when eye is not draining
- Watery eye drainage without redness, swelling, or pain does not require exclusion
- Encourage good hand hygiene practices

Scabies

- Skin infection caused by a mite
- Symptoms – patchy red rash with thread-like tracks, usually between fingers, wrists and forearms, under arms, waist, thighs, or genital area that itch particularly at night
- Spread by skin-to-skin contact or contact with bedclothes or undergarments of affected person
- Incubation period is 2-6 weeks for those not previously exposed and 1-3 weeks for reinfestation
- Contagious before symptoms and until mites are destroyed
- Treated with prescription medications
- Stay home until after treatment has been ongoing for 24 hours and symptoms are improving
- Notify health department
- Retreatment may be needed in 7-10 days
- Scabies is not a sign of poor hygiene

Methicillin Resistant Staphylococcus Aureus (MRSA)

- Staphylococcus aureus "staph" is a bacteria that lives on the skin or in the nose
- MRSA is a type of staph infection that is resistant to the antibiotics commonly used to treat the disease
- Many people carry the bacteria on their skin but do not have an active infection
- Symptoms of active infection- lesion on skin with redness or black color, colored drainage, pain and swelling, fever, fatigue, headache
- People with chronic medical conditions or those recently hospitalized are more likely to get a MRSA infection
- Treatment based on lab tests to determine which antibiotic will be effective
- Spread through contact with bodily fluids and contact with personal items
- Stay home until release by physician and/or health department, treatment has been ongoing for 24 hours, no fever without use of fever reducing medications for 24 hours, and any lesions are crusting or can be covered
- Encourage hand hygiene
- Report to health department
- Athletic teams should be extremely cautious with open sores, and sharing of equipment or personal items and should consider excluding those with open sores on skin until medical care is sought

HIV/AIDS

- Human Immunodeficiency Virus (HIV) is a virus that causes Acquired Immunodeficiency Syndrome (AIDS)
- You can have HIV and not AIDS
- AIDS occurs when the immune system can no longer fight off the effects of the HIV virus
- Symptoms of HIV are usually non-existent or mild – fatigue, or flu-like illness after years of becoming positive
- Symptoms of AIDS – swollen lymph glands, weight loss, flu-like symptoms, skin rashes, frequent yeast infections, other frequent infections in any/all body systems
- Spread through sexual contact, infected blood, the birth process, or sharing needles in illegal drug use
- Treatment with oral medications can greatly reduce AIDS developing from HIV
- HIV positive persons with an active infection should stay home until symptoms are improving and there is no fever for 24 hours without the use of fever reducing medications
- HIV cannot be spread from secretions from coughing or sneezing, drinking after an affected person, touching the same surface as an affected person, swimming pools, or hugs/physical touching
- Notify the health department
- Use good hand hygiene

Hepatitis

- Inflammation of the liver
- When the liver is inflamed, function is affected
- May be caused by heavy alcohol use, some medications, and some medical conditions
- Most often caused by a virus
- Symptoms of acute infections – fever, fatigue, weight loss, jaundice, joint pain, dark urine, and light-colored stool
- Incubation period is 2 weeks to 6 months
- Most common types caused by a virus are Hepatitis A, B, and C

Hepatitis A, B, and C

Notify the health department of any case
Use protective equipment when in contact with
body fluids
Use good hand hygiene practices always
No need to stay home unless active infection

Hep A is spread through contact with contaminated food or body fluids. Symptoms may last a few weeks to several months. A vaccine is given in childhood to prevent Hep A.

Hep B is spread through sharing needles, blood, semen, or during the birth process. Hep B is the leading cause of liver cancer. Symptoms may last a few weeks and often becomes a chronic condition. A vaccine is given to prevent Hep B.

Hep C is spread through sharing needles, blood, semen, the birth process, poor hygiene practices, unregulated tattoos or body piercings. Symptoms may last a few weeks and often becomes a chronic condition. No vaccine is currently available.

COVID 19

- Caused by the SARS-COV-2 virus
 - Vaccine available to decrease spread and lessen symptoms
 - Spreads quickly through respiratory secretions
 - Symptoms – fever, loss of taste or smell, cough, shortness of breath, nausea, vomiting, diarrhea, body aches, fatigue
 - Incubation period is 2 days before symptoms start and up to 2 weeks
 - Contagious 24 hours before symptoms start up to 10-14 days
 - Most contagious through day 5
 - Oral medications available to treat this disease
 - Stay home 5 days after your first symptoms appear
 - Wear a mask when around others on days 6-10
 - The first day of symptoms is considered day 0
 - Notify the health department
 - Encourage good hand hygiene and cough and sneeze etiquette
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