
Dr. Judith Monroe, State Health Commissioner

Dr. James Howell, State Epidemiologist

Revised January 2009
Dear School Nurses and Administrators,

The Indiana State Department of Health (ISDH) has partnered with the Indiana State Department of Education (IDOE) to develop a comprehensive infectious disease school health manual. This manual provides the most current information related to infectious diseases and guidance for communicating disease issues to students, parents and staff. In particular, the manual identifies situations in which infected or exposed students or staff should be excluded from school-based activities.

The Communicable Disease Reference Guide for Schools 2009 is available online on both the ISDH and IDOE websites. The manual is divided into three different sections to provide ease with reference. Each section can be printed if necessary.

For additional information regarding a communicable disease or other school-based health issue, please contact the Coordinator for School Health Issues for the IDOE at (317) 232-9142 or the School Health Liaison for the ISDH at (317) 233-7125. You can also contact a physician appointed by your school administration for more information on specific diseases or conditions.

We hope that school personnel and administrators find this manual to be a valuable resource, and will use the manual to educate themselves on best infection control practices.

Sincerely,

Dr. James Howell
State Epidemiologist
Contributors

Karee Buffin, MS
Indiana State Department of Health
Surveillance and Investigation Division
Former Employee
Indianapolis, Indiana

Shawn Richards, BS
Indiana State Department of Health
Surveillance and Investigation Division
Respiratory Disease Epidemiologist
Indianapolis, Indiana

Tina Feaster, M(ASCP), M(NRM)
Indiana State Department of Health
Surveillance and Investigation Division
Tuberculosis Epidemiologist
Indianapolis, Indiana

Kristin Ryker, MPH
Indiana State Department of Health
Surveillance and Investigation Division
Vaccine Preventable Epidemiologist
Indianapolis, Indiana

Lynae Granzow, MPH
Indiana State Department of Health
Surveillance and Investigation Division
Former Employee
Indianapolis, Indiana

Sara Sczesny, MPH, BS, MT (ASCP)
Indiana State Department of Health
Surveillance and Investigation Division
Hepatitis C Epidemiologist
Indianapolis, Indiana

Dana Hazen, RN, MPH
Indiana State Department of Health
Surveillance and Investigation Division
Invasive Disease Epidemiologist
Indianapolis, Indiana

Wayne Staggs, MS
Indiana State Department of Health
Surveillance and Investigation Division
Antibiotic Resistance Epidemiologist
Indianapolis, Indiana

Sue Henry, RN, BS
Indiana Department of Education
HIV/STD Program Coordinator
School Health Services Consultant
Indianapolis, Indiana

Jean Svendsen, RN, BS
Indiana State Department of Health
Surveillance and Investigation Division
Chief Nurse Consultant
Indianapolis, Indiana

Terry Jackson, RN, BS
Indiana State Department of Health
Surveillance and Investigation Division
HIV Surveillance Coordinator
Indianapolis, Indiana

Amie Thurdekoos, MS, MPH, PhD(c)
Indiana State Department of Health
Surveillance and Investigation Division
Enteric Disease Epidemiologist
Indianapolis, Indiana

Phyllis J. Lewis, RN, BSN, MSN
Indiana Department of Education
Coordinator, School Health Services
Indianapolis, Indiana
Acknowledgements

The contributors would like to especially acknowledge Dr. Charlene Graves, MD for her thoughtful and comprehensive review of this manual.

Approved by: __________________________ Date: __________

James Howell, State Epidemiologist

Approved by: __________________________ Date: __________

Pam Pontones, Surveillance and Investigation Director
Table of Contents


Table of Contents

- Introduction

- Diseases and Conditions
  - Blood-borne Pathogens
    - Hepatitis B
    - Hepatitis C
    - HIV/AIDS
  - Conditions of the Skin
    - Conjunctivitis (Pink Eye)
    - Fifth Disease (Erythema Infectiosum)
    - Hand, Foot, and Mouth Disease (Vesicular Stomatitis with Exanthem)
    - Impetigo
    - Methicillin Resistant Staphylococcus aureus (MRSA)
    - Pediculosis (Lice)
    - Ringworm (Tinea)
    - Scabies
    - Shingles (Herpes Zoster)
    - Streptococcal Sore Throat and Scarlet Fever
    - Tick borne Infections
  - Gastrointestinal Illness
    - Campylobacteriosis
    - Cryptosporidiosis
    - E. coli Infection and Hemolytic Uremic Syndrome (HUS)
    - Giardiasis
    - Hepatitis A
    - Norovirus (viral gastroenteritis)
    - Salmonellosis
    - Shigelllosis
  - Other Conditions
    - Aseptic (Viral) Meningitis
    - Mononucleosis (Epstein-Barr Virus)
    - Tuberculosis
• **Vaccine Preventable Diseases**
  - Diphtheria
  - Influenza
  - Measles
  - Meningococcal Disease (Meningitis / Meningococcemia)
  - Mumps
  - Pertussis (Whooping Cough)
  - Pneumococcal Disease
  - Rubella (German Measles)
  - Varicella (Chicken Pox)

• **Communicable Disease Summary Table**

• **Rash Illness Information**

• **Appendices**
  A. Legal Resources
  B. Hand washing
  C. Immunization
  D. Blood-borne pathogens

**Contact Information**
Indiana State Department of Health
2 N Meridian St,
Indianapolis, IN 46204
Phone: 317.233.7125
Overview

Purpose

The health of Indiana’s children is the foundation for success in their education. Controlling the spread of communicable disease in the community is the legal responsibility of the Indiana State Department of Health (ISDH) and local health departments (LHD); however, public health officials rely upon the cooperation of schools, health care providers, and parents to prevent the spread of disease.

The purpose of the School Health Manual – 2009, is to provide the best medical information available to prevent the introduction communicable disease in the school environment and reduce its spread. The School Health Manual - 2009 was written using the most current information from reliable public health and medical sources.

This manual is not intended to serve as a policy and procedure manual and should not be used as a substitute for the timely evaluation of suspected infections by a health care provider. Children who may be ill should always be referred for medical evaluation. This manual is intended to serve as a reference guide to school nurses and school officials regarding communicable disease issues.

Organization and Use of the Manual

The manual is divided into four sections as follows:

Diseases and Conditions
This section contains information on specific disease conditions which the school nurse may encounter. Each disease condition includes information pertaining to its clinical description, incubation period, mode of transmission, period of communicability, exclusion requirements or recommendations, prevention of infection and care suggestions. Links to ISDH Quick Facts Sheet and materials from the Centers for Disease Control and Prevention (CDC) pertaining to each condition are available under resources. All diseases that are required by Indiana law to be reported by health care providers and laboratories are denoted by a red stop sign on the disease or condition page and are identified as being reportable to the local health department in the summary table. Although schools are not legally required to report cases of reportable communicable diseases, it is recommended that you notify the LHD if you are aware of a reportable case and the LHD has not already been in contact with you. Occasionally a report by a school to the LHD will be the first notification of a reportable illness.

Summary Chart
The summary chart concisely describes in table format the information contained in the individual disease or condition pages in section one. When the summary chart indicates it is not necessary to inform the LHD about a disease or condition occurring in a student, this does not prohibit you from contacting the LHD for consultation and recommendations.

Rash Illness Chart
The rash illness chart describes in table format a summary description of common rash illnesses. In the first column of the table, the rash illness chart contains hyperlinks to pictures of each rash.
Appendices
The appendices include specific information on Indiana laws pertaining to school health, blood
borne pathogens, and other hand washing resources.

Resources

General
The School Health Manual - 2009 is based on the best scientific, public health and medical
information available, but cannot address all situations schools may encounter. Thus, other
resources should be available for guidance in school health matters. A partial list of useful
resources includes:

- The Centers for Disease Control and Prevention (CDC) website at: http://www.cdc.gov

- The Indiana Communicable Disease Reporting Rule for Physicians, Hospitals and
Laboratories, 410 IAC 1-2.3; December 12, 2008. The communicable disease rule should
always be used as the primary guide regarding the control of communicable diseases in
Indiana. This rule provides control measures that should be followed, and where
applicable, requires students to be excluded from school if necessary to prevent the
spread of diseases. This rule can be found at
http://www.in.gov/isdh/files/comm_dis_rule.pdf (Section 2.3) and is referenced often
throughout this manual. Conditions that are not reportable include only recommendations
for exclusion from school as there are no specific control measures are found in
communicable disease laws or rules.

- Control of Communicable Diseases Manual, 19th Edition, David Heyman, MD, editor,
American Public Health Association. The School Health Manual -2009 is based primarily on
recommendations contained in the Control of Communicable Diseases Manual. The
procedures described in the Control of Communicable Diseases Manual should be followed
to the extent they are not in conflict with Indiana law or rule, when the condition is not
reportable, or when there are no specific legal requirements in Indiana law or rule.

- The ISDH web site has a link listing contact information for all local health departments
at: http://www.in.gov/isdh/23926.htm

Additional sources of information which can be used by the school nurse include:

American Academy of Pediatrics.

Local Health Department Communications

Local Health Department Staff - LHD and/or ISDH staff investigate each case of reportable
illness. They will assist school staff with implementing exclusion requirements and control
measures. It is therefore very important to maintain communication with LHDs concerning
individual cases, clusters, and outbreaks of communicable diseases. By Indiana law,
absenteeism rates of 20% or greater must be reported to the LHD. More information on
this law is available at http://www.doe.in.gov/sservices/sn_mandatory_syndromic.html.
In addition, LHD staff can provide assistance on non-reportable communicable diseases. LHD
staff members value the input of school nurses in monitoring disease activity in the community
and school environment.
**Parent and Community Communications**

LHDs have the ability to notify health care providers if their medical practice may be affected by a communicable disease in the community (e.g., the need to prophylaxis contacts of a case of pertussis or *Neisseria meningitidis* or the increased incidence of salmonellosis and the need to test students if symptomatic.) It is very important that LHDs are aware of communications disseminated to parents/caregivers regarding any current health issues. The LHD also has the expertise to provide the most current medical advice available regarding communicable diseases. **School nurses and administrators are strongly encouraged to contact their LHD prior to releasing any information to parents/caregivers regarding a reportable communicable disease occurring in their school.** ISDH and LHD staff can provide assistance in drafting communications for parents and the school community. Some conditions are seasonal (e.g., pertussis and viral meningitis occur usually in the fall, influenza generally occurs in the winter or spring, etc.). The use of ISDH Quick Fact sheets and the CDC materials available in this manual can be used as general information for distribution to parents/caregivers when necessary.
Blood-borne Pathogens
Hepatitis B Infection (Acute and Chronic)*

Clinical Description
Hepatitis B is a serious disease of the liver that results from infection with the Hepatitis B virus. Symptoms can include malaise, anorexia, fever, nausea, right upper quadrant abdominal pain, myalgia, jaundice and light-colored stools. Children usually have mild symptoms, such as anorexia or nausea and may be asymptomatic. Most people infected with Hepatitis B virus will recover without any complications. However, some may develop chronic (long-term) Hepatitis B infection that can lead to cirrhosis, liver cancer, liver failure, and death. The onset of Hepatitis B is usually more insidious than Hepatitis A.

Incubation Period
The incubation period is usually 45-180 days with an average of 60-90 days.

Mode of Transmission
Hepatitis B is transmitted when blood or other body fluids, such as semen and vaginal secretions from an infected person, come in direct contact with a susceptible person’s mucous membranes, broken skin, or through contact with a contaminated sharp object. Infection also has been acquired through human bites.

Period of Communicability
A person can spread Hepatitis B 1-2 months before and after the onset of symptoms. Persons with chronic Hepatitis B infections are carriers of the virus. An indication of communicability is the presence of Hepatitis B surface antigen (HBsAg) in a person’s blood.

Exclusion/Attendance
Infected children should be receiving care from a provider, even in chronic stages of the disease. According to Indiana law (IC 16-41-9-3), children must not be excluded from school activities based on their Hepatitis B status; however, it may be prudent to exclude from school activities if a child is very symptomatic.

Prevention/Care
- There is a safe and effective vaccine that can prevent Hepatitis B infection. Successful completion of the Hepatitis B vaccination series is required for children 0 - 18 years for school attendance. Immunity against Hepatitis B persists for at least 15 years after successful immunization and may be maintained as cellular immune memory for many more years. Refer to a health care provider for more detailed information on Hepatitis B vaccine.
- Equipment contaminated with blood or other potentially infectious body fluids (or both) are appropriately disinfected or sterilized prior to reuse (see Rule 410 IAC 1-2.3-73(3)). Universal precautions to prevent exposure to blood and body fluids should be practiced.

Other Resources
Indiana State Department of Health Quick Fact:  
http://www.in.gov/isdh/21932.htm

Centers for Disease Control and Prevention (CDC):  
http://www.cdc.gov/Hepatitis/ChooseB.htm

Hepatitis B Foundation:  
http://www.hepb.org

*Acute, but not chronic, infections are required to be reported under the Communicable Disease Rule

Revised January 2009
Hepatitis C Infection
(Acute and Chronic)*

Clinical Description
Hepatitis C is a serious disease of the liver that results from infection with the Hepatitis C virus. Clinical symptoms include vomiting and nausea, unexpected weight loss, dark urine, tiredness and stomach pain, and jaundice. Initial infection may be asymptomatic (more than 90% of cases) or mild; a high percentage (50-80%) develop chronic infection. Chronic infection can last a lifetime with no visible symptoms. About one-half of chronically infected persons develop cirrhosis or cancer of the liver.

Incubation Period
The incubation period ranges from 2 weeks to 6 months, most commonly about 6-9 weeks. In chronic Hepatitis C, the virus does not resolve or clear after 6 months. Chronic infection may persist for up to 20 years before onset of cirrhosis or hepatoma.

Mode of Transmission
Hepatitis C is transmitted when blood or other body fluids, such as semen and vaginal secretions from an infected person, come in direct contact with a susceptible person’s mucous membranes, broken skin, or through contact with a contaminated sharp object.

Period of Communicability
A person can spread Hepatitis C one or more weeks before onset of symptoms and may persist in most persons indefinitely. Persons with chronic Hepatitis C infections are carriers of the virus.

Exclusion/Attendance
There are no specific exclusion provisions found in Indiana communicable disease laws or rules for Hepatitis C. For other information on laws and rules regarding Hepatitis C see Rule 410 IAC 1-2.3 Sec. 74 at: http://www.in.gov/isdh/publications/comm_dis_rule.pdf

Prevention/Care
- Recommend Hepatitis A and B vaccine for both acute and chronic Hepatitis C infected persons.
- There is no vaccine available to prevent Hepatitis C
- Equipment contaminated with blood or other potentially infectious body fluids (or both) are appropriately disinfected or sterilized prior to reuse (see Rule 410 IAC 1-2.3-73(3)). Universal precautions to prevent exposure to blood and body fluids should be practiced.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/21933.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/Hepatitis/ChooseC.htm

*Acute, but not chronic, infections are required to be reported under the Communicable Disease Rule
Clinical Description
Infection occurs when an individual acquires the human immunodeficiency virus (HIV). Within a few weeks of the initial infection, persons may experience a few days of clinical symptoms suggestive of a viral illness. Symptoms may include fever, rash, myalgia, neuralgia, headaches, and gastrointestinal disturbances. After this initial response, persons usually become asymptomatic, although suppression of the immune system is occurring. Opportunistic infections occur when immune suppression becomes severe. The final stage of HIV infection is known as acquired immunodeficiency syndrome (AIDS), and is characterized by development of certain infections or conditions associated with immune suppression.

Incubation Period
HIV antibodies may not be detectable for 3-6 months after exposure, depending on the sensitivity of the antibody test. However, in most persons they are detectable in 2-8 weeks. In most instances, the virus itself begins to replicate upon entering the host and can be detected with an RNA test within 9-11 days after exposure. The antibody test is the routine test for HIV.

Mode of Transmission
In a non-medical setting, HIV is transmitted from an infected person to another by four body fluids: blood, semen, vaginal secretions and breast milk. These fluids may be passed from one person to another when infected fluids come in contact with an uninfected person's broken skin or mucous membranes in enough quantity to allow for the replication of the virus. There are three major ways of contracting HIV: (1) unprotected sexual encounters; (2) sharing needles with persons who are infected with HIV; (3) mother to child transmission during pregnancy, labor and delivery, or breast feeding.

Period of Communicability
A person can spread HIV to others before it is detectable in the body and anyone infected remains a lifelong carrier of the virus. HIV-infected mothers should consult a health care provider. Certain medications prevent transmission to the developing baby.

Exclusion/Attendance
According to IC 16-41-9-3, children must not be excluded from school activities based on their HIV status.

Prevention/Care
- Provide comprehensive, fact-based education to prevent HIV infection in children.
- Equipment contaminated with blood or other potentially infectious body fluids (or both) are appropriately disinfected or sterilized prior to reuse (see Rule 410 IAC 1-2.3-73(3)). Universal precautions to prevent exposure to blood and body fluids should be practiced.
- Dispense medications to infected students in a discreet manner in accordance with the exact directions regarding time of day to be taken, dosage, and other specifications as indicated (i.e. the need to be given on empty stomach or with food).

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/healthinfo/hiv.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/hiv/
Conditions of the Skin
Conjunctivitis
Pink Eye

Clinical Description
Conjunctivitis, or pink eye, is an acute condition characterized by redness of the eye(s). Other symptoms can include tearing, irritation, and photophobia, which may be followed by swelling of the lids and/or a purulent discharge. There are several different causes, not all of which are communicable. The cause may be a bacterium, virus, foreign body, or an allergy. The infectious form is transmitted through contact with discharge from the eye or upper respiratory tract of the infected person, or through contact with contaminated articles.

Incubation Period
For bacterial conjunctivitis, the incubation period ranges from 24-72 hours, and for viral conjunctivitis, the incubation period is usually 12 hours – 3 days.

Mode of Transmission
Contact with discharges from conjunctivae or upper respiratory tracts of infected persons; also contaminated fingers clothing and other articles especially those coming in close contact with the eyes (i.e. make-up applicators, multiple dose eye medication applicators).

Period of Communicability
A person can spread conjunctivitis during the course of active infection. Depending upon the cause of the infection, communicability may be longer, i.e. up to 14 days after onset.

Exclusion/Attendance
The Academy of Pediatrics advises that children with purulent conjunctivitis (defined as pink or red conjunctiva with white or yellow discharge, often with matted eyelids after sleep and eye pain or redness of the eyelids or skin surrounding the eyes) be excluded until examined by a health care provider and approved for readmission. With bacterial conjunctivitis, health care providers usually recommend exclusion until 24 hours after starting topical antibiotic therapy.

Prevention/Care
- Use of hot or cold moist packs may relieve discomfort
- Encourage frequent hand-washing and prompt disposal of used tissues
- Refer for medical evaluation

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/21205.htm

Mayo Clinic Web site:
http://www.mayoclinic.com/health/pink-eye/DS00258
Fifth Disease
Erythema Infectiosum

Clinical Description
Fifth disease is a mild infection caused by the human parvovirus (B19). The disease is characterized by a facial rash with a "slapped cheek" appearance and a lace-like rash on the trunk and extremities. Reddening of the skin may recur due to nonspecific stimuli such as temperature or sunlight. Symptoms can include low-grade fever and mild cold symptoms. In people with certain red blood cell abnormalities, such as sickle cell disease, this infection can cause an aplastic crisis. Infection with the virus can also cause chronic anemia in immunosuppressed people. Infection is most common in school-aged children. Clusters of cases can occur in schools, usually in late winter and spring.

Incubation Period
The incubation period is normally from 4-14 days, but can be as long as 20 days.

Mode of Transmission
Transmission occurs primarily through contact with infectious respiratory secretions. Droplet contact and close person-to-person contact are the modes of transmission.

Period of Communicability
An infected person can spread fifth disease during the week prior to the appearance of the rash. When the rash appears, a person can no longer spread the virus to others.

Exclusion/Attendance
Children with fifth’s disease are most communicable before onset of illness; however, it may be prudent to exclude from school while fever is present.

Prevention/Care
- Inform high risk people within the school when a case of fifth disease has been identified: persons with chronic hemolytic anemia, congenital or acquired immunodeficiencies, and pregnant women. Pregnant women should consult with their health care provider if exposed to a positive case.
- Encourage frequent hand washing and prompt disposal of used tissues.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/21378.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/ncidod/diseases/submenus/sub_parvovirus.htm
Hand, Foot and Mouth Disease (HFMD)
Vesicular Stomatitis with Exanthem

Clinical Description
HFMD is a mild illness occurring most often in children between the ages of 5-15 years of age that is caused by a group of viruses called enteroviruses (the most common being coxsackievirus A6 and enterovirus 71). Cases may also occur in older adolescents and adults. HFMD is characterized by symptoms that can include sudden onset of fever, malaise, poor appetite, and sore throat followed 1-2 days later by lesions in the mouth. The lesions begin as small red spots that blister and then become ulcers. They are usually located on the tongue, gums, and inside of the cheeks. A skin rash then develops which is usually located on the palms of the hands and soles of the feet. The sores may also appear on the buttocks. The oral lesions can be very painful.

Incubation Period
Usually 3-5 days.

Mode of Transmission
Transmission is through direct contact with discharge from the nose and throat, and through the fecal-oral route. Infections are most common in the summer and early fall.

Period of Communicability
A person can spread HFMD during the acute stage of illness and may be able to spread the virus for several weeks after symptoms resolve.

Exclusion/Attendance
There are no specific recommendations on the exclusion of children with HFMD from school. Children are often excluded from group settings during the first few days of illness, while they are most contagious. Excluding during the first few days of illness may reduce spread, but will not completely interrupt it. Exclusion of ill persons does not prevent additional cases since the virus can be excreted for weeks after the symptoms disappear. Also, some persons excreting the virus, including most adults, may have no symptoms. Some benefit may be gained by excluding children who have blisters in their mouths and drool or who have weeping lesions on their hands.

Prevention/Care
- There is no specific treatment or vaccine for HFMD.
- Wash and sanitize or discard articles soiled by discharge.
- Certain foods and beverages can cause burning or stinging of the blisters. The following ideas may make eating and drinking more tolerable for the student:
  - Suck on popsicles or ice chips; eat ice cream or sherbet
  - Drink cold beverages, such as milk or ice water
  - Avoid acidic foods, citrus drinks and soda
  - Avoid salty or spicy foods and choose foods that are soft
  - Rinse mouth with warm water after meals

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/21916.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/ncidod/dvrd/revb/enterovirus/hfhf.htm

Revised January 2009
Impetigo

Clinical Description
Impetigo is a skin eruption caused by either streptococcal or staphylococcal bacteria that may proceed through vesicular, pustular, and encrusted stages. Impetigo is characterized by red bumps that form, usually on the face (particularly around the nose and mouth) or extremities. The red bumps fill with pus, break open and form a honey-colored crust. The lesions are usually itchy, but not painful.

Incubation Period
Symptoms usually begin 1-3 days after exposure for *Streptococcus*; usually 4-10 days for *Staphylococcus*.

Mode of Transmission
Infection is spread by direct contact with secretions from lesions.

Period of Communicability
A person who is untreated can spread the bacteria for as long as drainage occurs from lesions. Infected individuals can no longer transmit the infection within 24 hours after the initiation of antibiotic therapy.

Exclusion/Attendance
Parents should be advised to keep contagious children home until 24 hours after starting topical or oral antibiotic therapy. Contacts of cases do not need to be excluded.

Prevention/Care
- Encourage frequent hand-washing.
- Educate students to avoid scratching and touching the infected area and then touching another area of the body. Other prevention/care suggestions include:
  - Wear disposable gloves while applying any treatments to infected skin.
  - Draining lesions should be covered at all times with a dressing.
  - Call caregiver of child.
  - Watch for additional cases.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22103.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/ncidod/dbmd/diseaseinfo/groupastreptococcal_g.htm

Mayo Clinic Link:
http://www.mayoclinic.com/health/impetigo/DS00464
Methicillin-resistant *Staphylococcus aureus* (MRSA)

**Clinical Description**
*Staphylococcus aureus* (staph) bacteria commonly reside on the skin or in the nose of healthy individuals and do not cause infection. When these bacteria enter the body through a break in the skin, they can cause mild skin infections, such as pimples, abscesses, rashes, or boils. Staph can also cause serious infections, such as bloodstream and bone infections or pneumonia. Methicillin-resistant *Staphylococcus aureus* (MRSA) is a type of staph bacteria that is resistant to the antibiotic methicillin and other antibiotics related to penicillin.

**Incubation Period**
Variable and indefinite.

**Mode of Transmission**
MRSA is spread by direct physical contact with an infected person, either by direct skin contact or indirect contact with inanimate object (such as towels, clothes, bandages, or sports equipment) that is soiled with wound drainage. The bacteria are not carried through the air, and they are not found in dirt or mud.

**Period of Communicability**
A person is able to spread MRSA if an open wound is not properly covered.

**Exclusion/Attendance**
There are no specific exclusion provisions found in Indiana communicable disease laws or rules for MRSA. Students should not be excluded from attending school unless directed by a health care provider, or if wound drainage can not be covered and contained with a dry bandage, or if good personal hygiene can not be demonstrated.

**Prevention/Care**
MRSA can be prevented by encouraging students and educators alike to follow these simple precaution methods at all times:

- Encourage frequent hand-washing.
- Keep infected areas covered with a clean, dry bandage.
- Avoid direct contact with another person’s wound, drainage, or bandages.
- Avoid contact with surfaces contaminated with wound drainage.
- Do not share personal hygiene items, such as washcloths, towels, razors, toothbrushes, soap, deodorant, nail clippers, clothing, or uniforms.
- Clean shared athletic equipment and surfaces before use.
- See a health care provider if a wound shows signs of infection, such as redness, swelling, pain, or drainage.

Prompt referral to a health care provider for evaluation and treatment will prevent the infection from becoming worse.

**Other Resources**
Indiana State Department of Health Quick Fact:  
[http://www.in.gov/isdh/22122.htm](http://www.in.gov/isdh/22122.htm)  
[http://www.in.gov/isdh/22188.htm](http://www.in.gov/isdh/22188.htm)

Centers for Disease Control and Prevention (CDC):  
Clinical Description
Pediculosis is an infestation of head hair, the hairy parts of the body, or clothing, with adult lice or nits (eggs). Pubic, or "crab" lice, usually infest the pubic area, eyelashes, or armpits; head lice infest the scalp. Body lice infest the body and can be identified clinging to the seams of clothing. The head louse lives close to the scalp, and is dependent upon human blood to exist. Lice can only survive up to two days, but usually only a few hours, away from the scalp. The main symptom is itching.

Incubation Period
Optimally, eggs hatch in a week, and the resultant lice are capable of multiplying in 8-10 days. The typical adult louse lives 20-30 days and lays 4-5 eggs a day.

Mode of Transmission
Transmission occurs by direct contact with a person with a live infestation, or direct contact with their personal belongings that are harboring lice. Lice cannot fly, jump, or swim and are most commonly found in the hairline behind the ears, near the neckline and back of the neck.

Period of Communicability
A person can spread lice as long as live lice remain on an infested person and/or eggs (nits) in hair are within a ¼" from the scalp.

Exclusion/Attendance
School nurses should work with their administration and LHDs to implement a policy regarding head lice and attendance. A lack of scientific evidence hinders the ISDH from endorsing any policy; however, it should be noted that most school systems no longer support a "no-nit" policy.

Prevention/Care
- Household contacts should be evaluated for lice or nits, and if infested, should be treated at the same time as the child. Parents are encouraged to comb out nits, as complete removal of nits is recommended even if very time consuming.
- Parents should be instructed in home control measures, including the importance of doing the laundry used within two days prior to infestation in hot soapy water. Brushes and combs should be thoroughly cleaned or boiled.
- Insecticide treatment of the home is not indicated.
- The most important factor in controlling body lice is the ability to change and wash clothing.
- Presence of lice is not indicative of poor hygiene or unhygienic environment.
- Lice rarely (if ever) cause direct harm, and they are not known to transmit infectious agents from person-to-person.

Other Resources
Indiana State Department of Health Quick Fact Link:  
http://www.in.gov/isdh/21929.htm

Centers for Disease Control and Prevention (CDC) Link:  
http://www.cdc.gov/lice/

Harvard School of Public Health Link:  
http://www.hsph.harvard.edu/headlice/lice.pdf
Ringworm
Tinea

Clinical Description
Ringworm is an infection caused by a fungus which can affect the skin on the body (Tinea corporis), scalp (Tinea capitis), groin area (Tinea cruris, also called jock itch), or feet Tinea pedis, also called athlete’s foot). Ringworm usually begins as a small red bump or papule that spreads outward, so that each affected area takes on the appearance of a red, scaly outer ring with a clear central area. The lesions are frequently itchy, and can become infected if scratched.

Incubation Period
The incubation period varies depending on the type of ringworm. The incubation period for Tinea capitis is 10 to 14 days, Tinea corporis and Tinea cruris is 4 to 10 days, and the incubation for Tinea pedis is unknown.

Mode of Transmission
Transmission is usually by direct contact with a human or animal source. Tinea capitis can also be transmitted by inanimate infected objects such as the back of seats, combs, brushes, or hats. Tinea cruris, corporis and pedis can be contracted from places such as shower stalls, benches, contaminated floors, and articles used by an infected person.

Period of Communicability
A person can spread ringworm as long as lesions are present and viable fungus persists on contaminated materials and surfaces.

Exclusion/Attendance
The 2006 American Academy of Pediatrics Red Book provides basic guidance on school attendance as follows:

• Students with tinea capitis who receive treatment may attend school and participate in their usual activities. Children who fail to receive treatment do not need to be excluded unless the nature of their contact with other students could potentiate spread.

• Students with tinea cruris, tinea corporis, or tinea pedis should not be excluded from school even before initiation of therapy.

Prevention/Care
• Students infected with tinea pedis should be excluded from swimming pools, and from walking barefoot on locker room and shower floors until treatment has been initiated.
• Students with tinea capitis should be instructed not share of combs, hats, hair ribbons, or brushes
• Cleaning and draining the school shower areas should be done frequently.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/24266.htm

National Institutes of Health Link:

Revised January 2009
Scabies

Clinical Description
Scabies is a skin infection caused by the burrowing itch mite, *Sarcoptes scabiei*, which can only be seen with microscope. It is common among children and is characterized by itching, particularly at night, and blister-like sores in the burrows of the skin, which may become infected. These sores are especially prevalent in the webs between the fingers, the heels of the palms, the wrists, armpits, buttocks, genitalia, and elbows. Nipples may also be affected in older females.

Incubation Period
The incubation period for scabies ranges from 2 to 6 weeks in the first infection; for subsequent infections the incubation may be as short as a few days.

Mode of Transmission
Scabies is transmitted by close (including sexual) contact with an affected individual. Contact with bedding, towels, or clothing (including undergarments) of an infested person can be a means of spreading scabies.

Period of Communicability
A person can spread scabies from the time of infection until the mites and eggs are destroyed by treatment.

Exclusion/Attendance
Infested persons should be excluded from school until the day after treatment.

Prevention/Care
- Students or staff may return to school after treatment is completed.
- Presence of scabies does not necessarily indicate poor hygiene or unhygienic environment.
- Clothing and bedclothes of the infected person and of all the people in their household should be well-laundered.
- Bed mattresses and upholstered furniture should be vacuumed thoroughly. Insecticide treatment of the home or any school facility is not recommended.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22416.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/ncidod/dpd/parasites/scabies/default.htm
Scarlet Fever and Streptococcal Sore Throat

Clinical Description
Streptococcal sore throat is an acute syndrome with fever, exudative tonsillitis or pharyngitis, and tender cervical lymph nodes; however, it can occur with very few symptoms. Many sore throats resembling "strep throat" are not due to strep and may be a viral infection. Scarlet fever is a combination of a streptococcal sore throat and a skin rash caused by a toxin produced by Group A Streptococcus bacteria (Streptococcus pyogenes). The disease is characterized by a fine, red rash. It appears first on the upper body, then spreads to cover almost all of the body. In full-blown cases, this may occur over a period of several hours to several days. The rash fades on pressure and leads to the flaking of the skin. With few exceptions, it is usually no more severe or dangerous than a strep throat without the rash. The main reason for concern with a streptococcal infection is the risk of developing rheumatic fever, which is markedly reduced by prompt treatment with appropriate antibiotics.

Incubation Period
The incubation period ranges from 1 to 3 days, rarely longer.

Mode of Transmission
The primary mode of transmission is by large respiratory droplets or direct contact with patients or carriers. Strep throat/scarlet fever is rarely transmitted through direct contact with objects. Individuals with acute respiratory tract (especially nasal) infections are particularly likely to transmit infection.

Period of Communicability
A person who is untreated can spread the disease as long as he or she is symptomatic, usually 10-21 days. Infected individuals can no longer transmit the infection within 24 to 48 hours after the initiation of antibiotic therapy.

Exclusion/Attendance
Children should not return to school until at least 24 hours after beginning antibiotic treatment when sick with noninvasive Group A Streptococcus infections. Asymptomatic children should not be excluded from school.

Prevention/Care
- Children with a sore throat and fever, and children with an unexplained fever over 101 degrees Fahrenheit should be referred for medical evaluation.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22433.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/ncidod/dbmd/diseaseinfo/groupastreptococcal_g.htm

Mayo Clinic Web sites:
http://www.mayoclinic.com/health/strep-throat/DS00260
http://www.mayoclinic.com/health/scarlet-fever/DS00917

Revised January 2009
**Clinical Description**
Herpes Zoster (Shingles) is the latent manifestation of the primary varicella infection caused by the herpes zoster virus. Shingles is characterized as a rash on one side of the face or body. The only symptom of shingles includes pain, itching, or tingling in the area where the rash develops prior to blistering. Lesions generally appear along nerve pathways in crops similar to the varicella lesions. Shingles is extremely painful. The rash usually clears within 2 to 4 weeks. Although uncommon, shingles can occur in school age children and vaccinated persons.

**Incubation Period**
Shingles is not transmitted from exposure to another infected person so there is no applicable incubation period. Anyone who has recovered from varicella may develop shingles.

**Mode of Transmission**
Transmission of the virus occurs through direct contact with the rash or fluid from the lesions. If the person exposed has not previously had chicken pox, that person would develop chicken pox, not shingles. Therefore, shingles cannot be passed from one individual to another.

**Period of Communicability**
A person can no longer spread the herpes zoster virus once the rash lesions crust over.

**Exclusion/Attendance**
If the site of the infection can be covered, individuals with shingles are not considered to be highly contagious and should not be excluded from school.

**Prevention**
- People with shingles should keep the rash covered and not touch or scratch the rash.
- Wash hands properly and often.
- There is no shingles vaccine available for children; however, administration of the varicella vaccine will prevent infection if contact with a shingles case occurs.

**Other Resources**
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22418.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.in.gov/isdh/healthinfo/shingles.htm
Tick Borne Infections

Clinical Description

**Lyme disease** is an infection caused by a bacterium and is acquired through the painless bite of a tiny tick named *Ixodes scapularis*, more commonly known as the "deer tick." Lyme disease usually begins with a characteristic rash, which begins as a red papule and expands to a larger reddened area, typically with partial center clearing. The rash may appear anytime within 3 to 31 days after the tick bite. Other symptoms may accompany the rash, such as fever, chills, headache, fatigue, pain in the joints and muscles, mild neck stiffness, and a nonproductive cough. If left untreated, Lyme disease can lead to serious health problems.

**Rocky Mountain Spotted Fever** (RMSF) is characterized by a sudden onset of moderate to high fever, 3 to 10 days after tick attachment. The fever ordinarily persists for 2 to 3 weeks. Significant malaise, deep muscle pain, severe headaches, chills, and conjunctival infections are typical symptoms. A rash appears on about the third day and spreads to the palm, soles, and then the rest of the body. There is a significant fatality rate in untreated cases.

**Ehrlichiosis** is caused by an organism transmitted by ticks. It is clinically similar to Lyme disease and RMSF. A person may develop Lyme disease and ehrlichiosis from the same tick bite.

Incubation Period
For Lyme disease, the incubation period ranges from 3 to 31 days, typically 7 to 10 days. For RMSF, the incubation period is from 3 to 14 days.

Mode of Transmission
These tick borne diseases are only transmitted through bites from infected ticks.

Period of Communicability
Tick borne diseases are not transmitted person-to-person.

Exclusion/Attendance
There are no specific control measures for schools found in Indiana communicable disease laws or rules for tick borne diseases. For other information on laws and rules regarding tick borne diseases see Rule 410 IAC 1-2.3 Sec. 64,80 and 94 at [http://www.in.gov/isdh/publications/comm_dis_rule.pdf](http://www.in.gov/isdh/publications/comm_dis_rule.pdf)

Prevention/Care
- If a tick is found on a student, remove it immediately. To remove a tick, use tweezers to firmly grasp the body close to the skin and pull it straight out. If tweezers are not available, the fingers may be with the use of a tissue, foil, or wax paper to prevent direct contact with fluids from the tick. Do not twist or jerk the tick because the head may become embedded in the skin. Contact a health care provider if the mouth parts do become embedded. Wash the area and your hands after the tick has been removed.
- Contact caregivers of child about the tick bite. They should be instructed to seek medical evaluation if the student develops a febrile illness or rash over the next 3 to 4 weeks.

Other Resources

Indiana State Department of Health Quick Fact Links:
- [http://www.in.gov/isdh/healthinfo/lyme.htm](http://www.in.gov/isdh/healthinfo/lyme.htm)
- [http://www.in.gov/isdh/healthinfo/rmsf.htm](http://www.in.gov/isdh/healthinfo/rmsf.htm)
- [http://www.in.gov/isdh/healthinfo/Ehrlichiosis_.htm](http://www.in.gov/isdh/healthinfo/Ehrlichiosis_.htm)

Centers for Disease Control and Prevention (CDC) Links:
- [www.cdc.gov/ncidod/dvbid/lyme/index.htm](http://www.cdc.gov/ncidod/dvbid/lyme/index.htm)
- [http://www.cdc.gov/ncidod/diseases/submenus/sub_rmsf.htm](http://www.cdc.gov/ncidod/diseases/submenus/sub_rmsf.htm)
- [http://www.cdc.gov/ncidod/dvrd/ehrlichia/Index.htm](http://www.cdc.gov/ncidod/dvrd/ehrlichia/Index.htm)

Revised January 2009
Gastrointestinal Illness
Clinical Description
Campylobacteriosis is a diarrheal disease caused by bacteria of the genus *Campylobacter*. The species that most commonly infects humans is *Campylobacter jejuni*. Symptoms can include diarrhea (which is sometimes bloody), stomach cramps, fever, nausea, and vomiting. *Campylobacter* causes symptoms that usually last no longer than one week and medical treatment is not required.

Incubation Period
Symptoms usually appear 2-5 days after exposure, with a range of 1-10 days.

Mode of Transmission
*Campylobacter* is transmitted by food or the fecal-oral route.

Period of Communicability
A person can spread *Campylobacter* while experiencing symptoms.

Exclusion/Attendance
Symptomatic persons diagnosed with *Campylobacter* or symptomatic persons linked by person, place, or time to a case are excluded from attending school, until asymptomatic. For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 57 www.in.gov/isdh/publications/comm_dis_rule.pdf.

Prevention/Care
• Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after contact with animals, after swimming, and before and after food preparation (please refer to the ISDH Quick Facts about Hand Washing).
• Treatment with antibiotics may shorten the duration of illness.

Other Resources
Indiana State Department of Health Quick Fact Link: http://www.in.gov/isdh/21177.htm

Centers for Disease Control and Prevention (CDC) Link: http://www.cdc.gov/nczved/dfbmd/disease_listing/campylobacter_gi.html
Cryptosporidiosis

Clinical Description
Cryptosporidiosis is a diarrheal disease caused by microscopic parasites of the genus Cryptosporidium. The most common species that infect humans are Cryptosporidium parvum and Cryptosporidium hominis. Symptoms can include watery diarrhea, stomach cramps, fever, nausea, slight fever, weight loss, and vomiting. In healthy people, symptoms usually last about 2 weeks or less. However, it is common for symptoms to fade and then return. This relapse of illness can continue for up to 30 days.

Incubation Period
Symptoms usually begin 7 days (range of 1-12 days) after a person becomes infected.

Mode of Transmission
Cryptosporidium is transmitted by the fecal-oral route.

Period of Communicability
Some people with cryptosporidiosis may not have any symptoms, but they can still pass the disease to others. After infection, people can shed Cryptosporidium in their stool for months. People with weakened immune systems may not be able to clear the infection. This may lead to prolonged disease and even death.

Exclusion/Attendance
Symptomatic persons diagnosed with Cryptosporidium or symptomatic persons linked by person, place, or time to a confirmed case are excluded from attending school until:

<table>
<thead>
<tr>
<th>A</th>
<th>Asymptomatic for at least 24 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>Case prevention education provided by the local health department, and</td>
</tr>
<tr>
<td>C</td>
<td>Facility prevention education provided by the local health department, and</td>
</tr>
<tr>
<td>D</td>
<td>Completion of effective antiparasitic therapy.</td>
</tr>
</tbody>
</table>

For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 61 www.in.gov/isdh/publications/comm_dis_rule.pdf.

Prevention/Care
- Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after contact with animals, after swimming and before and after food preparation (please refer to the ISDH Quick Facts about Hand Washing)
- Enforce exclusion of ill students and staff members.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/21270.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/crypto/index.html
**Clinical Description**

*Escherichia coli* (*E. coli*) infection is a gastrointestinal disease caused by strains of *E. coli* bacteria. The most severe infection is caused by *E. coli* strains that produce a toxin, known as Shiga-toxin. The most common strain of Shiga-toxin producing *E. coli* (STEC) in North America is 0157:H7. Symptoms can include bloody or non-bloody diarrhea, stomach cramps, low-grade fever, nausea, slight fever, weight loss, and vomiting. Some people may only have mild diarrhea without blood or no symptoms at all. Antimicrobial therapy has not been proven to be beneficial to treat STEC infections. Fluid replacement is the most important part of treatment.

Approximately 8% of people infected with STEC can develop a condition called hemolytic uremic syndrome (HUS). This condition is very serious and can lead to kidney failure and death. Children under 5 years of age and the elderly are more likely to develop this condition.

**Incubation Period**

Symptoms usually begin 3-4 days (range of 2-10 days) after exposure and last for approximately 5-10 days.

**Mode of Transmission**

*E. coli* is transmitted by contaminated food or beverages or person-to-person by the fecal-oral route.

**Period of Communicability**

A person can spread *E. coli* during the acute illness and can shed *E. coli* in stool for up to 3 weeks after symptoms resolve.

**Exclusion/Attendance**

Symptomatic persons diagnosed with STEC or HUS or symptomatic persons linked by person, place, or time to a confirmed case are excluded from attending school until:

- Asymptomatic for at least 24 hours, and
- Case prevention education provided by the local health department, and
- Facility prevention education provided by the local health department.

For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 66 [www.in.gov/isdh/publications/comm_dis_rule.pdf](http://www.in.gov/isdh/publications/comm_dis_rule.pdf).

**Prevention/Care**

- Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after contact with animals, after swimming and before and after food preparation (please refer to the ISDH Quick Facts about Hand Washing)
- Enforce exclusion of ill students and staff members.

**Other Resources**

Indiana State Department of Health Quick Fact Link:
[http://www.in.gov/isdh/21361.htm](http://www.in.gov/isdh/21361.htm)

Centers for Disease Control and Prevention (CDC) Link:
Giardiasis

Clinical Description
Giardiasis is a diarrheal disease caused by the microscopic parasite Giardia intestinalis. Symptoms can include diarrhea, gas, greasy stools that tend to float, bloating, stomach cramps, fever, nausea, and constipation. In healthy people, symptoms usually last about 2 - 6 weeks. Persons can be asymptomatic.

Incubation Period
Symptoms usually begin within 7-10 days (range of 3-25 days) after exposure.

Mode of Transmission
Giardia is transmitted by contaminated food or water or person-to-person by the fecal-oral route.

Period of Communicability
A person can spread Giardia during acute (symptomatic) illness. Infected people can also carry Giardia in their bodies for weeks or months with or without symptoms and unknowingly infect others.

Exclusion/Attendance
Symptomatic persons diagnosed with Giardia or symptomatic persons linked by person, place, or time to a confirmed case are excluded from attending school until:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Asymptomatic for at least 24 hours</td>
</tr>
<tr>
<td>B</td>
<td>Case prevention education provided by the local health department, and</td>
</tr>
<tr>
<td>C</td>
<td>Facility prevention education provided by the local health department, and</td>
</tr>
<tr>
<td>D</td>
<td>Completion of effective antiparasitic therapy.</td>
</tr>
</tbody>
</table>

For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 66.5 www.in.gov/isdh/publications/comm_dis_rule.pdf.

Prevention/Care
- Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after contact with animals after swimming and before and after food preparation (please refer to the ISDH Quick Facts about Hand Washing)
- Enforce exclusion of ill students and staff members.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/21380.htm

Centers for Disease Control and Prevention (CDC) Link:
www.cdc.gov/ncidod/dpd/parasites/giardiasis/default.htm

Revised January 2009
**Clinical Description**
Hepatitis A is a disease of the liver that results from infection with the Hepatitis A virus. Symptoms can include diarrhea, nausea, vomiting, fatigue, stomach cramps, fever, dark urine, pale, clay-colored stool, loss of appetite, and jaundice. Sometimes a person can recover and become ill again (relapse) for as long as 12 months. However, people will eventually recover, and there is no long-term carrier state with Hepatitis A infection. Some people, especially children, may have no symptoms but can still spread the virus to others.

**Incubation Period**
Symptoms usually occur suddenly. Symptoms usually begin 28-30 days (range of 15-50 days) after exposure and usually last less than 2 months.

**Mode of Transmission**
Hepatitis A is transmitted by the fecal-oral route.

**Period of Communicability**
A person can spread Hepatitis A 14 days before and 7 days after the onset of jaundice, or if jaundice does not occur, 7 days before and 14 days after the onset of symptoms.

**Exclusion/Attendance**
Persons diagnosed with Hepatitis A or symptomatic persons linked by person, place, or time to a confirmed case are excluded from attending school during the infectious period and:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td>Exclude from jaundice onset, 14 days before and 7 days after</td>
</tr>
<tr>
<td><strong>B</strong></td>
<td>If no jaundice, exclude from symptom onset, 7 days before and 14 days after</td>
</tr>
<tr>
<td><strong>C</strong></td>
<td>Case prevention education provided by the local health department, and</td>
</tr>
<tr>
<td><strong>D</strong></td>
<td>Facility prevention education provided by the local health department.</td>
</tr>
</tbody>
</table>

For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 72 [www.in.gov/isdh/publications/comm_dis_rule.pdf](http://www.in.gov/isdh/publications/comm_dis_rule.pdf).

**Prevention/Care**
Persons recommended for prophylaxis are household and sexual and contacts exposed to food prepared by the case. Contact your local health department or the ISDH for recommendations on prophylaxis. Passive immunization with IG can be given within 2 weeks of exposure for household, daycare, sexual, and food handler contacts.

- Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after swimming, and before and after food preparation (please refer to the ISDH [Quick Facts about Hand Washing](http://www.in.gov/isdh/21931.htm))
- A vaccine is available to prevent Hepatitis A infection in individuals >1 year of age. The vaccine is 100% effective after two doses.

**Other Resources**
Indiana State Department of Health Quick Fact Link: [http://www.in.gov/isdh/21931.htm](http://www.in.gov/isdh/21931.htm)

Centers for Disease Control and Prevention (CDC) Link: [http://www.cdc.gov/Hepatitis/ChooseA.htm](http://www.cdc.gov/Hepatitis/ChooseA.htm)
Norovirus Infection

Clinical Description
Norovirus is a gastrointestinal disease caused by viruses from the genus Norovirus. Symptoms can include watery diarrhea, stomach cramps, nausea, vomiting, headache, muscle aches, and fatigue. Most cases have no, or slight, fever. Illness is self-limiting and symptoms generally last 24-48 hours. Although often termed "stomach flu", viral gastroenteritis should not be confused with influenza, which is a respiratory illness.

Incubation Period
Symptoms usually begin 24-48 hours (range of 12-72 hours) after exposure.

Mode of Transmission
Norovirus is transmitted by the fecal-oral route.

Period of Communicability
A person can spread Norovirus when experiencing symptoms and up to 72 hours after recovery. Some studies indicate that those infected can shed virus up to two weeks after recovery. Only a very small dose of virus is needed to cause infection.

Exclusion/Attendance
It is recommended that persons with diarrhea and/or vomiting be excluded from attending school until asymptomatic.

Prevention/Care
- Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after swimming, and before and after food preparation (please refer to the ISDH Quick Facts about Hand Washing).
- Enforce exclusion of ill students or staff members.
- Inform caregiver of child to seek evaluation by a medical provider if experiencing signs of dehydration.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22189.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/ncidod/diseases/submenus/sub_norwalk.htm
Salmonellosis

Clinical Description
Salmonellosis is a diarrheal disease cause by bacteria from the genus *Salmonella*. Symptoms can include diarrhea, nausea, vomiting, stomach cramps, and fever. Most people recover within 4 to 7 days without medical treatment.

Incubation Period
Symptoms usually begin 12-36 hours (range of 6-72 hours) after exposure.

Mode of Transmission
*Salmonella* is transmitted by undercooked or contaminated food or beverages, person-to-person by the fecal-oral route, and contact with infected or carrier animals and reptiles.

Period of Communicability
A person can spread *Salmonella* at anytime while symptomatic. Infected people may carry *Salmonella* in their bodies for weeks or months without symptoms and unknowingly infect others.

Exclusion/Attendance
Persons diagnosed with *Salmonella* or symptomatic persons linked by person, place, or time to a confirmed case are excluded from attending school until:

| A | Asymptomatic for at least 24 hours, and |
| B | Case prevention education provided by the local health department, and |
| C | Facility prevention education provided by the local health department. |

For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 96 [www.in.gov/isdh/publications/comm_dis_rule.pdf](http://www.in.gov/isdh/publications/comm_dis_rule.pdf).

Prevention/Care
- Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after contact with animals after swimming and before and after food preparation (please refer to the ISDH Quick Facts about Hand Washing).
- Enforce exclusion of ill students and staff members.

Other Resources
Indiana State Department of Health Quick Fact Link:
[http://www.in.gov/isdh/22415.htm](http://www.in.gov/isdh/22415.htm)

Centers for Disease Control and Prevention (CDC) Link:
Shigellosis

Clinical Description
Shigellosis is an infectious disease caused by bacteria from the genus *Shigella*. Symptoms can include diarrhea, blood, pus, or mucus in the stool, sudden stomach cramps, nausea, vomiting, and fever. In general, illness lasts 4 to 7 days, and cases should be treated with appropriate antimicrobial therapy to reduce shedding. Antibiotic resistance is common, so antibiotic sensitivities are strongly recommended.

Incubation Period
Symptoms usually begin 24-72 hours (range of 12 hours to 5 days) after exposure.

Mode of Transmission
*Shigella* is transmitted by the fecal-oral route.

Period of Communicability
A person can spread *Shigella* at anytime while symptomatic and continue to shed *Shigella* in their stool for several weeks after symptoms resolve if not treated with appropriate antibiotics. Some people may have no symptoms but can still spread the infection to others.

Exclusion/Attendance
Persons diagnosed with *Shigella* or symptomatic persons linked by person, place, or time to a confirmed case are excluded from attending school until:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Asymptomatic for at least 24 hours, and</td>
</tr>
<tr>
<td>B</td>
<td>Case prevention education provided by the local health department, and</td>
</tr>
<tr>
<td>C</td>
<td>Facility prevention education provided by the local health department, and</td>
</tr>
<tr>
<td>D</td>
<td>2 (negative) stools, &gt; 24 hrs apart, and 48 hrs after antimicrobial therapy, or</td>
</tr>
<tr>
<td>E</td>
<td>&gt; 48 hrs of effective antimicrobial therapy.</td>
</tr>
</tbody>
</table>

For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 97 [www.in.gov/isdh/publications/comm_dis_rule.pdf](http://www.in.gov/isdh/publications/comm_dis_rule.pdf).

Prevention/Care
- Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after swimming, and before and after food preparation (please refer to the ISDH [Quick Facts about Hand Washing](http://www.in.gov/isdh/22417.htm)).
- Enforce exclusion of ill students and staff members.
- Treatment with appropriate antibiotics may shorten the duration of illness.

Other Resources
Indiana State Department of Health Quick Fact Link:
[http://www.in.gov/isdh/22417.htm](http://www.in.gov/isdh/22417.htm)

Centers for Disease Control and Prevention (CDC) Link:
Other Conditions
Aseptic Meningitis
Viral Meningitis

Clinical Description
Viral meningitis is a disease marked by acute inflammation of the lining of the brain and spinal cord accompanied by symptoms that can include stiff neck, fever, headache, photophobia, vomiting, and fatigue. Most cases of viral meningitis are caused by members of a group of viruses known as enteroviruses. Viral meningitis is not particularly contagious, although small clusters of cases can occur in the school setting.

Incubation Period
The incubation period varies depending on the virus involved. Enteroviral meningitis has an incubation period of 3-6 days.

Mode of Transmission
Transmission, when it does occur, is usually person-to-person by airborne droplets and direct contact with nose and throat discharges. Enteroviral meningitis can also be spread by the fecal-oral route.

Period of Communicability
The period of communicability varies depending on the virus.

Exclusion/Attendance
Almost all cases of viral meningitis are hospitalized during the acute stage of illness. It may be prudent to exclude from school attendance until a complete recovery is made.

Prevention/Care
- Educate caregiver concerning urgency of receiving medical evaluation.
- Encourage frequent hand-washing and prompt disposal of used tissues.
- Ensure good personal hygiene is being practiced by students, especially among groups such as athletic teams where water bottle sharing and other close contact situations are likely.
- Consider sending informational letters to caregivers (sample available from local health or state health departments).
- Monitor the number of cases in schools and report instances of 2 or more cases that occur with a common affiliation (same class, sports team, etc.).

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22682.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/meningitis/viral/viral-faq.s.htm
Mononucleosis
Epstein-Barr Virus

Clinical Description
Mononucleosis is a disease caused by the Epstein-Barr virus (EBV). Symptoms can include fever, exudative pharyngitis, swollen glands, and atypical lymphocytes in the blood. The spectrum of disease is extremely variable. Infections may go unrecognized in young children, whereas, in older children and young adults, clinical illness with the typical signs and symptoms are more common. An enlarged spleen is also typical in cases among adolescents and young adults. Occasionally, infection may be accompanied by a rash, which is more likely to occur in people treated with ampicillin. Complications may include aseptic meningitis, encephalitis, or Guillain-Barre syndrome. The virus is a member of the herpesvirus group.

Incubation Period
From 4-6 weeks following exposure.

Mode of Transmission
Mononucleosis is spread by direct contact with the saliva of an infected person.

Period of Communicability
The period of communicability is indeterminate. A person may spread the virus through the exchange of saliva for many months after infection.

Exclusion/Attendance
It may be prudent to exclude persons while fever and malaise are present. This may be as long as 1-2 weeks. It is also recommended that students who have mononucleosis avoid sports activities for at least a month after symptoms have resolved because of the increased risk of a ruptured spleen. There is no need to isolate a person with mononucleosis.

Prevention/Care
- There is no specific treatment for mononucleosis.
- Some interventions to assist in relief of symptoms include:
  - Student should get plenty of bed rest.
  - Drink lots of water and fruit juices to relieve fever and prevent dehydration.
  - Gargle with salt water to relieve sore throat.
  - Consider over-the-counter pain relievers. Do not give aspirin to children under the age of 16 years.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22124.htm

Centers for Disease Control and Prevention (CDC) Link:
http://www.cdc.gov/ncidod/diseases/ebv.htm

Revised January 2009
Clinical Description
Tuberculosis (TB) is a disease caused by the bacteria *Mycobacterium tuberculosis*. Although TB usually infects the lungs, the disease can also affect other parts of the body such as the kidneys or spine. Without proper treatment, TB can be fatal.

The symptoms of active TB disease of the lungs include:
- a bad cough that lasts 3 weeks or longer
- coughing up blood (hemoptysis)
- night sweats
- fever
- pain in the chest
- weight loss
- weakness or fatigue
- chills

People with latent TB infection (LTBI) have TB bacteria in their bodies; however, because the bacteria are not active, these individuals are not sick. People with LTBI have no symptoms of active TB disease, and they cannot spread the bacteria to others. However, they may develop active TB disease in the future.

Incubation Period
Progression to active disease is greatest in the first 2 years after infection, but may not occur for decades.

Mode of Transmission
People with active TB disease of the lungs can release TB bacteria into the air when they cough, sneeze, speak, or sing. These bacteria can stay in the air for several hours. Persons who breathe in the air that contains these TB bacteria can become infected if the bacteria reach their lungs. Transmission from children younger than 10 years is unusual.

Period of Communicability
A person is able to spread TB from an assigned date of 3 months prior to symptom onset or a positive lab report. An individual is considered no longer communicable after effective treatment has been demonstrated for ≥2 weeks causing a significant reduction in symptoms.

Exclusion/Attendance
Active pulmonary tuberculosis cases and suspects who are sputum-smear negative, are not coughing, are clinically improving, and are known to be on adequate tuberculosis chemotherapy are defined as noninfectious. All other pulmonary tuberculosis cases and suspects must be isolated until no longer infectious. Infectious persons are excluded from school. For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec.106 (2) [www.in.gov/isdh/publications/comm_dis_rule.pdf](http://www.in.gov/isdh/publications/comm_dis_rule.pdf).

Prevention/Care
- Avoid close contact or spending prolonged time with known active TB patients while infectious.
- Treatment of LTBI reduces the risk that TB infection will progress to active TB disease. Immunocompromised persons and children <5 years old are at high risk for developing active TB disease once infected. Every effort should be made to begin appropriate and complete appropriate treatment for LTBI.

Other Resources
Indiana State Department of Health Quick Fact Link: [http://www.in.gov/isdh/healthinfo/tuberculosis.htm](http://www.in.gov/isdh/healthinfo/tuberculosis.htm)

Vaccine Preventable Diseases
Diphtheria

Clinical Description
Diphtheria is an acute bacterial disease of the oral cavity, nose, or skin caused by *Corynebacterium diphtheriae*. Symptoms of respiratory diphtheria may begin slowly and include headache and general discomfort, fever, sore throat, and a yellow-white or gray membrane-like covering in the back of the throat. Other symptoms can include swollen lymph nodes in the neck and clear or bloody nasal discharge. Respiratory diphtheria is a serious infection and may be fatal.

Incubation Period
The incubation period is usually 2-7 days, occasionally longer.

Mode of Transmission
Respiratory diphtheria is spread by contact with the nose or throat secretions of an infected person.

Period of Communicability
A person can spread diphtheria usually 2 weeks or less; rarely, carriers may shed organisms for up to 6 months. Effective antibiotic therapy promptly terminates shedding.

Exclusion/Attendance
Individuals infected with diphtheria will be considered contagious until 2 cultures taken 24 hours apart are negative and they have completed a recommended course of antibiotics. Close contacts should be observed for seven days for signs and symptoms of disease, cultured for *C. diphtheriae*, and treated prophylactically with oral antibiotics. Contacts of diphtheria cases who are child care providers or food handlers are excluded from work until laboratory testing indicates they are not carriers. For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 63

Prevention/Care
- There are safe and effective vaccines available to prevent diphtheria. Children should receive the recommended doses of DTaP, DT, or Tdap vaccines in order to build and boost immunity against diphtheria infections.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/21252.htm

Centers for Disease Control and Prevention (CDC) Links:
http://www.cdc.gov/ncidod/dbmd/diseaseinfo/diptheria_t.htm
http://www.cdc.gov/vaccines/vpd-vac/diphtheria/default.htm
Influenza

Clinical Description
Influenza is a respiratory disease caused by influenza viruses. Influenza viruses cause an infection of the breathing tubes and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. Symptoms can include fever, cough, sore throat, muscle aches and headaches.

Incubation Period
The incubation period is usually 1-3 days.

Mode of Transmission
Flu viruses spread mainly from person to person through coughing or sneezing. Influenza viruses are released into the air and can be inhaled by others. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Period of Communicability
A person can spread the flu 1 day before symptoms develop until 5 days after symptoms appear.

Exclusion/Attendance
Exclusion of the student should be based on the condition of the child and if there is a school policy that warrants exclusion for symptoms of influenza. There is no state law that mandates school exclusion.

Prevention/Care
- The best protection is an annual flu vaccination before flu season starts. Each year the vaccine contains the types of flu virus predicted to cause illness in the coming year. Therefore, it is important to be vaccinated each year. The vaccine takes 14 days for the full protective effect to occur.
- Teach students and staff to cough or sneeze into one’s elbow or upper sleeve or use a tissue when coughing or sneezing. Immediately discard the used tissue in the wastebasket.
- Encourage frequent hand washing, particularly after coughing or sneezing. An alcohol-based hand cleaner will also work if water is not available.
- Encourage ill students and staff members not to attend school.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22104.htm

Centers for Disease Control and Prevention Links:
http://www.cdc.gov/flu/
http://www.cdc.gov/flu/keyfacts.htm
http://www.cdc.gov/flu/protect/habits.htm
Measles Rubeola

Clinical Description
Measles is an extremely contagious viral respiratory illness. Measles is characterized by a rash beginning at the hairline that spreads downward over the entire body by the 3rd-7th day of the infection. Symptoms can include cough, runny nose, conjunctivitis, fatigue, and fever prior to the development of Koplik’s spots. Measles may cause serious complications, including ear infection, pneumonia, and encephalitis (brain swelling). In some cases, measles may be fatal.

Incubation Period
The incubation period is usually about 10 days, varying from 7-18 days.

Mode of Transmission
Measles can spread through contact with droplets in the air from an infected person. These droplets can remain infective up to two hours in the air.

Period of Communicability
A person can spread measles 4 days prior to the appearance of the rash up to 4 days following the appearance of the rash.

Exclusion/Attendance
Infected persons are excluded from school and contact with other people outside the household for four days after appearance of the rash. Students who have not presented proof of immunity against measles are excluded from a given date until acceptable proof of immunity, or in the case of medical or religious exemptions, until 14 days after the onset of the last reported measles case. Previously unvaccinated children who are not vaccinated within 72 hours of exposure are excluded for 14 days after completing vaccination. For more information on requirements for school exclusions, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 83 at:

Prevention/Care
• Vaccinate with a single dose of live, attenuated measles vaccine at 12-15 months of age. A second dose of measles containing vaccine is required for children upon entering kindergarten or first grade.
• Check immunization records for all students to assure they have received 2 doses of a measles containing vaccine. To prevent transmission identify non immune students (medical or religious exemptions) for possible exclusion.
• Inform high risk people within the school when a case of measles has been identified. Exposed pregnant women should be tested for rubeola immunity, if unknown, and should be counseled by their healthcare provider.
• School personnel planning a pregnancy should be vaccinated 28 days prior to pregnancy.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22120.htm

Centers for Disease Control and Prevention (CDC) Links:
http://www.cdc.gov/ncidod/diseases/submenus/sub_measles.htm
http://www.cdc.gov/vaccines/vpd-vac/measles/default.htm
Meningococcal Disease

Meningococcal Meningitis or Meningococcemia

Clinical Description
Meningococcal meningitis is an acute inflammation of the lining of the brain and spinal cord caused by *Neisseria meningitidis* (*meningococcus*) bacteria. Symptoms include stiff neck, high fever, headache, nausea, vomiting, and possibly a petechial rash. Meningococcemia is a life threatening bloodstream infection caused by *N. meningitidis*. Both meningococcal meningitis and meningococcemia are considered medical emergencies.

Incubation Period
The incubation period is short, ranging from 2 to 10 days, most commonly 3-4 days.

Mode of Transmission
Meningococcal bacteria are not particularly contagious. Spread, when it does occur, is usually person-to-person by respiratory droplets from the nose and throat of infected people. Saliva exchange is the most common method of transmission. Transmission is highest among household contacts. Up to 10% of the general population are carriers of meningococcus.

Period of Communicability
A person who is untreated or a carrier can spread the bacteria until the meningococcus is no longer present in discharge from the nose and mouth. The bacteria will disappear from the nose and throat within 24 hours after the initiation of appropriate antibiotic therapy.

Exclusion/Attendance
There are no specific exclusion provisions found in Indiana communicable disease laws or rules for meningococcal meningitis. Almost all cases of meningococcal diseases are hospitalized and treated with antibiotics, which eliminates carriage. Close contacts of cases that are considered high-risk should be given prophylactic antibiotics to prevent possible infection. Asymptomatic contacts do not need to be excluded from school. For information on laws and rules regarding meningococcal disease see Rule 410 IAC 1-2.3 Sec. 85: at [http://www.in.gov/isdh/publications/comm_dis_rule.pdf](http://www.in.gov/isdh/publications/comm_dis_rule.pdf)

Prevention/Care
- Immediately call caregiver if student develops classic meningeal symptoms (fever, severe headache, stiff neck).
- Educate caregiver concerning urgency of receiving medical evaluation.
- Prophylactic antibiotic treatment is needed for high risk close contacts and family members, and should be started within 24 hours of a confirmed case of meningococcal disease.
- Prophylactic antibiotic treatment is not recommended for school contacts in most circumstances – consult local or state health authorities for guidance regarding who should receive prophylaxis.
- Consider sending letter to parents (sample letter available from the ISDH).
- Meningococcal vaccine is recommended for all persons between the ages of 11 and 18 years. Schools are required to notify parents each year about meningococcal disease and the availability of meningococcal vaccine (see IC 20-30-5-18 at: [http://www.in.gov/legislative/ic/code/title20/ar30/ch5.html](http://www.in.gov/legislative/ic/code/title20/ar30/ch5.html))

Other Resources
Indiana State Department of Health Quick Fact Link:
[http://www.in.gov/isdh/healthinfo/meningococcal_disease.htm](http://www.in.gov/isdh/healthinfo/meningococcal_disease.htm)

Centers for Disease Control and Prevention (CDC) Link:
[http://www.cdc.gov/ncidod/diseases/submenus/sub_meningitis.htm](http://www.cdc.gov/ncidod/diseases/submenus/sub_meningitis.htm)

Revised January 2009
Mumps

Clinical Description
Mumps is a highly contagious viral illness. The main manifestation of mumps infection is painful inflammation of the parotid or other salivary glands that lie just above the back angle of the jaw, and below the ear. Involvement can be one-sided or bilateral. Infected people often have fever, headache, and mild respiratory symptoms. Some post-pubertal males may have testicular pain. Symptoms usually resolve after 7-10 days. Approximately one-third of infected, unvaccinated persons do not show clinical signs of salivary gland swelling and may manifest primarily as a respiratory tract infection.

Incubation Period
The incubation period is from 12 to 25 days, averaging 18 days.

Mode of Transmission
Transmission is by droplet spread and by direct contact with saliva from an infected person. Droplet contact and close person-to-person contact are the modes of transmission.

Period of Communicability
A person can spread mumps 7 days prior to the onset of parotitis through 9 days after the onset of symptoms; however, a person is most contagious 2 days prior to the onset of parotitis to 4 days after the onset.

Exclusion/Attendance
Infected persons are excluded from school and contact with persons outside the household for 9 days after onset of swelling. Exposed individuals are excluded from school or the workplace from the 12th to 25th day after exposure to prevent spread to other individuals. For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 86.

Prevention/Care
• Vaccinate with a single dose of live, attenuated mumps vaccine at 12-15 months of age. A second dose of mumps containing vaccine is required for children upon entering kindergarten or first grade.
• Call caregiver of child to ensure child has been evaluated by a health care provider.
• Check immunization records for all students to assure they have received 2 doses of a mumps containing vaccine. To prevent transmission, identify non immune students (medical or religious exemptions) for possible exclusion.
• Mumps during the first trimester of pregnancy has been associated with an increased rate of spontaneous abortion. Exposed pregnant women should be counseled by their health care provider.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22125.htm

Centers for Disease Control and Prevention (CDC) Links:
http://www.cdc.gov/vaccines/vpd-vac/mumps/default.htm
Clinical Description
Pertussis is a respiratory infection caused by *Bordetella pertussis* bacteria. The disease is characterized by a very distinct pattern. Symptoms begin with a "cold-like" stage characterized by a mild cough, redness of the eyes, runny nose, and low-grade fever. This stage lasts 1-2 weeks. In the next stage, the coughing becomes staccato, and comes in multiple exhausting bursts (paroxysmal cough). Some people may experience vomiting following coughing bursts. In young children, each cough may be followed by a "whooping" sound as the child breathes in. "Whooping" does not occur in all children and adults. This stage lasts 2-4 weeks, followed by a recovery phase of gradually diminishing coughing for 2-3 weeks, but may last for several months.

Incubation Period
The incubation period is from 6 to 20 days, but almost always within 10 days.

Mode of Transmission
Transmission occurs primarily through contact with infectious respiratory secretions. Droplet contact and close person-to-person contact are the modes of transmission.

Period of Communicability
Pertussis is mostly communicable in the early stage of the illness. After three weeks, an individual is considered unable to spread the illness to others. When treated with an appropriate antibiotic, the period of communicability ends after 5 days of appropriate therapy; however, symptoms may remain unless treated in the early stage of illness.

Exclusion/Attendance
Inadequately immunized household contacts less than seven years of age are excluded from schools, day care centers, and public gatherings for 14 days after the last exposure, or until they have received 5 days of appropriate antibiotic therapy. Infected persons not receiving prophylaxis are excluded from schools, day care centers, and public gatherings for 21 days. For more information on student or staff exclusion, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3-Sec. 88 at: http://www.in.gov/isdh/publications/comm_dis_rule.pdf

Prevention
- There are safe and effective vaccines available to prevent pertussis. Children and adults should receive the recommended doses of DTaP or Tdap vaccines in order to build and boost immunity against pertussis infections.
- Appropriate antibiotics can reduce the communicability of disease among individuals with pertussis and close contacts.
- Inform high risk people within the school when a case of pertussis has been identified.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22191.htm

Centers for Disease Control and Prevention (CDC) Links:
http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm
Pneumococcal Disease

Clinical Description
Pneumococcal infections are caused by *Streptococcus pneumonia* bacteria. These infections can include pneumonia, meningitis, bacteremia, sinus and ear infections. Symptoms can include chills, fever, headache, earache, pain in the chest, cough, and perhaps disorientation.

Incubation Period
The incubation period is normally 1-3 days.

Mode of Transmission
Transmission occurs primarily through contact with nose or throat secretions from an infected person. It is not spread by casual contact or by simply breathing the air around an infected person.

Period of Communicability
A person can spread the bacteria as long as the organism is in the respiratory tract or until 24 hours after the initiation of antibiotic therapy.

Exclusion/Attendance
There are no specific exclusion provisions found in Indiana communicable disease laws or rules for pneumococcal disease.

Prevention/Care
- Vaccinate all children with the 7-valent vaccine at 2, 4, and 6 months with a booster at 12 – 15 months according to the routine childhood vaccination schedule.
- Vaccinate high-risk children (sickle cell anemia, HIV infection, chronic lung or heart disease) over the age of 2 years with the childhood 7-valent conjugate pneumococcal vaccine (given through 59 months of age) or a 23-valent polysaccharide pneumococcal vaccine.
- Enforce hand washing and disposal of used tissues.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22230.htm

Centers for Disease Control and Prevention (CDC) Links:
http://www.cdc.gov/vaccines/vpd-vac/pneumo/dis-faqs.htm
http://www.cdc.gov/vaccines/vpd-vac/pneumo/default.htm

Revised January 2009
Rubella
German Measles

Clinical Description
Rubella is a mild rash illness caused by the rubella virus. Rubella is characterized by a rash that often fades or turns red and is most evident after a hot shower. Symptoms can include fever, joint pain (in adolescents and adults), and enlarged and tender lymph nodes at the back of the neck. Rubella is also the cause of significant congenital defects in infants whose mothers are exposed during pregnancy.

Incubation Period
The incubation period is normally from 14-17 days, but can be as long as 21 days.

Mode of Transmission
Transmission occurs through direct or droplet contact with infectious nasopharyngeal secretions.

Period of Communicability
An infected person is contagious from 7 days prior to the appearance of the rash through 4 days after the rash appears.

Exclusion/Attendance
Infected persons are excluded from school and contact with other individuals outside the household for seven days after the onset of rash. Students without proof of immunity (medical or religious exemptions) are excluded from school until 23 days after the onset of the last rubella case. For more information on exclusion procedures and control of rubella in schools, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 Sec. 95. www.in.gov/isdh/publications/comm_dis_rule.pdf

Prevention/Care
- Vaccinate with a single dose of live, attenuated rubella vaccine at 12-15 months of age. A second dose of rubella containing vaccine is required for children upon entering kindergarten or first grade.
- Check immunization records for all students to assure they have received 2 doses of a measles containing vaccine. To prevent transmission identify non immune students (medical or religious exemptions) for possible exclusion.
- Inform high risk people within the school when a case of rubella has been identified. Exposed pregnant women should be tested for rubella immunity, if unknown, and should be counseled by their healthcare provider.
- School personnel planning a pregnancy should be vaccinated 28 days prior to pregnancy.
- Call caregiver of child to ensure child has been evaluated by a health care provider.

Other Resources
Indiana State Department of Health Quick Fact Link:
http://www.in.gov/isdh/22237.htm

Centers for Disease Control and Prevention (CDC) Links:
http://www.cdc.gov/vaccines/vpd-vac/rubella/default.htm

Revised January 2009
Varicella
Chickenpox

Clinical Description
Varicella is a viral illness that is very contagious and is caused by the herpes zoster virus. Early symptoms can include fever and fatigue which begin about 10-21 days after exposure. These symptoms are followed by the appearance of flat, red spots which progress into an itchy, rash with fluid-filled blisters that is characteristic of the disease. Varicella can cause serious complications including pneumonia, encephalitis, bacterial infections, and even death.

Incubation Period
The incubation period normally ranges from 10-21 days, but most is commonly 14-16 days.

Mode of Transmission
Transmission occurs primarily through contact with infectious respiratory secretions. Direct contact with open vesicles can also transmit infection.

Period of Communicability
A person can spread the herpes zoster virus 2-5 days before the onset of the rash until all of the lesions have crusted over (usually 7 days).

Exclusion/Attendance
Infected persons are excluded from schools and day care centers, public gatherings, and contact with susceptible persons until vesicles become dry. For more information, please see the Communicable Disease Reporting Rule 410 IAC 1-2.3 sec 110 [www.in.gov/isdh/publications/comm_dis_rule.pdf](http://www.in.gov/isdh/publications/comm_dis_rule.pdf).

Prevention/Care
- Vaccinate with a single dose of live, attenuated varicella vaccine at 12-15 months of age. A second dose of the varicella vaccine is required for children upon entering kindergarten or first grade.
- Review immunization records to identify susceptible individuals or those who have received only one dose of varicella vaccine.
- Varicella vaccine can be administered within 3-5 days of an exposure to prevent or modify the severity of disease.
- School personnel planning a pregnancy should be immunized 3 months prior to pregnancy.

Other Resources
Indiana State Department of Health Quick Fact Link:
[http://www.in.gov/isdh/21181.htm](http://www.in.gov/isdh/21181.htm)

Centers for Disease Control and Prevention (CDC) Links:
<table>
<thead>
<tr>
<th>Disease/Condition</th>
<th>Signs/ Symptoms</th>
<th>Incubation Period</th>
<th>Mode of Transmission</th>
<th>Period of Communicability</th>
<th>Exclusion/Attendance</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aseptic (Viral) Meningitis</td>
<td>Fever, severe headache and stiff neck</td>
<td>Varies depending on virus or cause. For enteroviral meningitis, 3-6 days</td>
<td>Person-to person by airborne droplets and direct contact with nose and throat discharges</td>
<td>Varies depending on virus or other organism</td>
<td>Patients generally too sick to attend school and can return when recovered</td>
<td>Hand washing and avoid direct contact with nasal and throat discharges</td>
</tr>
<tr>
<td>Campylobacteriosis</td>
<td>Diarrhea, sometimes bloody, stomach cramps, fever, nausea, and vomiting</td>
<td>2-5 days</td>
<td>Fecal-oral or foodborne</td>
<td>While symptomatic</td>
<td>Exclude while symptomatic</td>
<td>Hand washing and food safety</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>Redness of eye involving tearing, irritation, swelling and discharge</td>
<td>Bacterial – 1 to 3 days Viral – 12 hours to 3 days</td>
<td>Contact with discharge from conjunctivae or upper respiratory tract of infected persons. Fingers and inanimate objects can also be sources of transmission</td>
<td>Possibly up to 14 days but depending on cause</td>
<td>Exclusion recommended until examination by physician and then approved for readmission</td>
<td>Use precautions in handling eye discharge and hand washing</td>
</tr>
<tr>
<td>Cryptosporidiosis</td>
<td>Watery diarrhea, stomach cramps, fever, nausea, slight fever, weight loss, and vomiting</td>
<td>7 days (range of 1-12 days)</td>
<td>Fecal-oral</td>
<td>While shedding, up to several months</td>
<td>Exclude until completion of effective antiparasitic therapy</td>
<td>Hand washing and water precautions</td>
</tr>
</tbody>
</table>
## Communicable Disease Summary Chart

<table>
<thead>
<tr>
<th>Disease/Condition</th>
<th>Signs/ Symptoms</th>
<th>Incubation Period</th>
<th>Mode of Transmission</th>
<th>Period of Communicability</th>
<th>Exclusion/ Attendance</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphtheria</td>
<td>Fever, sore throat, gray or yellow membrane on the throat</td>
<td>2-7 days</td>
<td>Contact with respiratory droplets</td>
<td>2 weeks or less</td>
<td><strong>Index Case</strong>: Excluded until 2 cultures 24 hrs apart are negative. <strong>Contacts</strong>: Observe, culture, and treat</td>
<td>Vaccinations up-to-date for DT, Td, DTaP, or Tdap.</td>
</tr>
<tr>
<td>Erythema Infectiosum (Fifth Disease)</td>
<td>Facial “slapped-cheek” rash with “lacy” rash on trunk and limbs</td>
<td>Normally 4-14 days, but up to 20 days</td>
<td>Contact with infectious upper respiratory secretions</td>
<td>The week prior to appearance of rash</td>
<td>Not recommended unless child has fever</td>
<td>Hand washing and proper disposal of used tissues</td>
</tr>
<tr>
<td>E. coli infection (shiga-toxin producing) and HUS</td>
<td>Bloody or non-bloody diarrhea, stomach cramps, and little or no fever, nausea, slight fever, weight loss, and vomiting</td>
<td>3-4 days (range of 2-10 days)</td>
<td>Fecal-oral or foodborne</td>
<td>While shedding, up to 3 weeks</td>
<td>Exclude while symptomatic</td>
<td>Hand washing and food safety</td>
</tr>
<tr>
<td>Giardiasis</td>
<td>Diarrhea, gas, greasy stools that tend to float, bloating, stomach cramps, fever, nausea, and constipation</td>
<td>7-10 days (range of 3-25 days)</td>
<td>Fecal-oral</td>
<td>While shedding, up to several months</td>
<td>Exclude until completion of effective antiparasitic therapy</td>
<td>Hand washing and water precautions</td>
</tr>
<tr>
<td>Hand, Foot and Mouth Disease</td>
<td>Fever, malaise, sore throat and red blister spots that turn into ulcers in the mouth</td>
<td>3-5 days</td>
<td>Fecal-oral or direct contact with infectious respiratory secretions.</td>
<td>During illness up to several weeks</td>
<td>Exclude during acute illness or while child who has blisters drools from the mouth or has weeping lesions on hands</td>
<td>Hand washing and avoid direct contact with nasal and throat discharges</td>
</tr>
<tr>
<td>Disease/Condition</td>
<td>Signs/Symptoms</td>
<td>Incubation Period</td>
<td>Mode of Transmission</td>
<td>Period of Communicability</td>
<td>Exclusion/Attendance</td>
<td>Prevention</td>
</tr>
<tr>
<td>-------------------</td>
<td>--------------------------------------------------------------------------------</td>
<td>----------------------------</td>
<td>----------------------</td>
<td>---------------------------</td>
<td>-------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Diarrhea, nausea, vomiting, fatigue, stomach cramps, fever, dark urine, pale, clay-colored stool, loss of appetite, and jaundice</td>
<td>28-30 days (range of 15-50 days)</td>
<td>Fecal-oral</td>
<td>14 days before and 7 days after the onset of jaundice, or if jaundice does not occur, 7 days before and 14 days after the onset of symptoms</td>
<td>Exclude until after the defined infectious period</td>
<td>Hepatitis A vaccine and Hand washing</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Malaise, fever anorexia, nausea, jaundice</td>
<td>60-90 days</td>
<td>Direct contact with infected persons blood or body fluids</td>
<td>1 – 2 months before and after the onset of symptoms</td>
<td>None</td>
<td>Hepatitis B vaccination and Universal Precautions used when there is contact with blood and other body fluids containing blood, semen, or vaginal secretions</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>Nausea, vomiting, weight loss, fatigue, dark urine, jaundice</td>
<td>2 weeks to 6 months</td>
<td>Direct contact with infected persons blood or bodily fluids</td>
<td>At least one week before onset of symptoms and for the rest of their lifetime</td>
<td>None</td>
<td>Universal Precautions used when there is contact with blood and other body fluids containing blood, semen, or vaginal secretions</td>
</tr>
</tbody>
</table>
## Communicable Disease Summary Chart

<table>
<thead>
<tr>
<th>Disease/Condition</th>
<th>Signs/Symptoms</th>
<th>Incubation Period</th>
<th>Mode of Transmission</th>
<th>Period of Communicability</th>
<th>Exclusion/Attendance</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIV/AIDS</strong></td>
<td>Initially viral flu-like symptoms. Many years later (up to 10 years) swollen lymph nodes, fatigue, fever, night sweats, unexplained weight loss, other co-infections, chronic diarrhea</td>
<td>Variable, 1 week to 10 years or longer</td>
<td>Transmission of HIV infected blood, semen, vaginal secretions or breast milk to an uninfected person’s broken skin or mucous membranes in enough quantity to allow for the replication of the virus</td>
<td>Shortly after acquisition of the virus and for the rest of their life.</td>
<td>School children with HIV must be allowed to attend school and may only be excluded if the provision is found in IC16-41-9-3 (i.e. a disease that is transmissible through normal school contacts or poses a substantial threat to health and safety of school community).</td>
<td>Education beginning in elementary school, Supportive faculty, Universal Precautions used when there is contact with blood and other body fluids containing blood, semen, or vaginal secretions.</td>
</tr>
<tr>
<td><strong>Impetigo</strong></td>
<td>Skin lesions (red bumps) usually around the nose, mouth or extremities. Bumps break open and form a honey-colored crust</td>
<td>1-3 days for streptococcal infection and 4-10 days for staphylococcal infection</td>
<td>Direct contact with secretions from lesions</td>
<td>In untreated cases as long as drainage from lesions occurs.</td>
<td>Recommended to keep child home until 24 hours after antibiotic therapy begun.</td>
<td>Cover draining lesions and wear disposable gloves when applying treatment to infected skin.</td>
</tr>
<tr>
<td><strong>Influenza</strong></td>
<td>Fever greater than 100 degrees F, headache, tiredness, cough, sore throat, runny or stuffy nose, and muscle aches. Nausea, vomiting, and diarrhea also can occur in children.</td>
<td>1-3 days</td>
<td>Person to person by direct contact with infected secretions or via large or small droplet aerosols</td>
<td>1 day prior to symptoms through 7 days from clinical onset</td>
<td>Exclusion of the student should be based on the condition of the child and if there is a school policy that warrants exclusion for symptoms of influenza.</td>
<td>Immunizations are available for most students and adults unless contraindicated. Cover the mouth and nose in the nook of your elbow and discard tissues immediately.</td>
</tr>
<tr>
<td>Disease/Condition</td>
<td>Signs/Symptoms</td>
<td>Incubation Period</td>
<td>Mode of Transmission</td>
<td>Period of Communicability</td>
<td>Exclusion/Attendance</td>
<td>Prevention</td>
</tr>
<tr>
<td>-------------------</td>
<td>---------------</td>
<td>-------------------</td>
<td>----------------------</td>
<td>--------------------------</td>
<td>---------------------</td>
<td>------------</td>
</tr>
<tr>
<td>Measles</td>
<td>Fever, runny nose, cough, rash by 3rd day</td>
<td>10-14 days (Varies 7-18 days)</td>
<td>Contact with respiratory droplets</td>
<td>4 days before rash onset to 4 days after rash onset</td>
<td><strong>Index Case:</strong> Excluded until 4 days after rash onset <strong>Contacts:</strong> Contacts who are not immunized excluded until 14 days after last case.</td>
<td>Vaccine Available 2 doses of measles containing vaccine (MMR)</td>
</tr>
<tr>
<td>Meningococcal Disease</td>
<td>Fever, severe headache and stiff neck</td>
<td>2-10 days: commonly 3-4 days</td>
<td>Direct contact with saliva or respiratory droplets</td>
<td>Until meningococcus is no longer present in nasal/mouth discharge</td>
<td>None</td>
<td>Vaccine Available 1 dose of meningococcal vaccine at 11-12 years of age</td>
</tr>
<tr>
<td>Mononucleosis</td>
<td>Fever, exudative pharyngitis, swollen glands</td>
<td>4-6 weeks</td>
<td>Direct contact with saliva of infected person</td>
<td>Indeterminate, could be many months after infection</td>
<td>None</td>
<td>Good personal hygiene and avoiding saliva sharing activities</td>
</tr>
<tr>
<td>MRSA</td>
<td>Abcesses, boils</td>
<td>Variable</td>
<td>Direct contact with infected person or inanimate object</td>
<td>Wound drainage very infectious</td>
<td>Yes, if recommended by HCP or if drainage cannot be covered or contained with a dry covering</td>
<td>Hand washing, open areas covered, avoid contact with others’ drainage</td>
</tr>
</tbody>
</table>
### Communicable Disease Summary Chart

<table>
<thead>
<tr>
<th>Disease/Condition</th>
<th>Signs/ Symptoms</th>
<th>Incubation Period</th>
<th>Mode of Transmission</th>
<th>Period of Communicability</th>
<th>Exclusion/Attendance</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mumps</td>
<td>Swelling and pain of the parotid gland, fever, mild URI symptoms</td>
<td>12-25 days Average of 18 days</td>
<td>Direct contact with saliva or respiratory droplets</td>
<td>2 days before through 9 days after the onset of parotitis</td>
<td><strong>Index case:</strong> Exclude for 9 days following the onset of symptoms <strong>Contacts:</strong> Susceptible contacts shall be excluded from the 12th – the 25th day from exposure.</td>
<td>Vaccine Available 2 doses of mumps containing vaccine, (MMR)</td>
</tr>
<tr>
<td>Norovirus infection</td>
<td>Watery diarrhea, stomach cramps, nausea, vomiting, headache, muscle aches, and fatigue</td>
<td>24-48 hours (range of 12-72 hours)</td>
<td>Fecal-oral</td>
<td>While shedding, up to 72 hours after symptoms cease</td>
<td>Exclude while symptomatic</td>
<td>Hand washing</td>
</tr>
<tr>
<td>Pediculosis (Lice)</td>
<td>Main symptom is itching of scalp. Lice (or eggs) can be identified by close examination of scalp.</td>
<td>Eggs hatch in a week with resultant lice able to multiply within 8-10 days</td>
<td>Direct contact with person who has live infestation or sharing personal belongings that are harboring lice (i.e. hats, scarves)</td>
<td>As long as live lice are present or eggs in hair are within ¼ inch of scalp</td>
<td>No applicable state laws for exclusion. Follow school policy</td>
<td>Inform parents of infestations and proper control measures for home elimination.</td>
</tr>
<tr>
<td>Disease/Condition</td>
<td>Signs/Symptoms</td>
<td>Incubation Period</td>
<td>Mode of Transmission</td>
<td>Period of Communicability</td>
<td>Exclusion/Attendance</td>
<td>Prevention</td>
</tr>
<tr>
<td>-------------------</td>
<td>----------------</td>
<td>-------------------</td>
<td>----------------------</td>
<td>---------------------------</td>
<td>---------------------</td>
<td>------------</td>
</tr>
<tr>
<td>Pertussis</td>
<td>Initial cough, coryza, eye irritation, leading to a progressive cough that comes in bursts, may be followed by a ‘whoop’</td>
<td>Usually 10 days, may vary from 6-20 days</td>
<td>Direct contact with infectious respiratory secretions.</td>
<td>From onset of cough and cold-like illness through 5 days of appropriate antibiotic therapy. If not on antibiotics, 21 days from the onset of the cough/cold-like illness.</td>
<td>Symptomatic Index case: Exclude for 5 days while receiving appropriate antibiotic therapy. Symptomatic Contacts of a Confirmed Case: Exclude for 5 days while receiving antibiotic therapy. Asymptomatic Direct Contacts: Do not exclude asymptomatic contacts. They should receive prophylaxis.</td>
<td>Vaccine Available Age appropriate vaccination: DTaP, Tdap Antibiotic prophylaxis for direct contacts</td>
</tr>
<tr>
<td>Pneumococcal Disease</td>
<td>Fever, chills, cough, pain in the chest, disorientation</td>
<td>Normally 1-3 days</td>
<td>Direct contact with the nose and throat secretions of an infected person</td>
<td>Until after 24 hours of antibiotic therapy</td>
<td>None Applicable</td>
<td>Vaccine Available Age appropriate Vaccination Proper hand washing and tissue disposal</td>
</tr>
<tr>
<td>Ringworm</td>
<td>Small red bump or papule that spreads outward, taking on the appearance of a red scaly outer ring with a clear center</td>
<td>Depends on type: <em>Tinea capitis</em> - 10 to 14 days <em>Tinea corporis</em> and <em>cruris</em> – 4-10 days <em>Tinea pedis</em> – unknown</td>
<td>Direct contact with human or animal source; also less commonly by inanimate objects</td>
<td>As long as lesions are present or viable fungus is present on contaminated objects and surfaces</td>
<td>Generally students can attend school with ringworm infections.</td>
<td>Varies depending on type; certain activities should be restricted. Clean and drain shower areas frequently.</td>
</tr>
<tr>
<td>Disease/Condition</td>
<td>Signs/Symptoms</td>
<td>Incubation Period</td>
<td>Mode of Transmission</td>
<td>Period of Communicability</td>
<td>Exclusion/Attendance</td>
<td>Prevention</td>
</tr>
<tr>
<td>-------------------</td>
<td>----------------</td>
<td>------------------</td>
<td>----------------------</td>
<td>---------------------------</td>
<td>----------------------</td>
<td>------------</td>
</tr>
<tr>
<td>Rubella (German Measles)</td>
<td>Mild rash illness, significant risk to the fetus</td>
<td>14-17 days</td>
<td>Direct or droplet contact with nose and throat secretions if an infected person</td>
<td>7 days from the appearance of the rash through 4 days afterward</td>
<td><strong>Index Case:</strong> Excluded for 7 days after the onset of the rash  <strong>Susceptible Contacts:</strong> Students without proof of immunity shall be excluded until 23 days after last reported case</td>
<td><strong>Vaccine Available</strong> 2 doses of a rubella containing vaccine (MMR)</td>
</tr>
<tr>
<td>Salmonellosis</td>
<td>Diarrhea, nausea, vomiting, stomach cramps, and fever</td>
<td>12-36 hours (range of 6-72 hours)</td>
<td>Fecal-oral and foodborne</td>
<td>While symptomatic</td>
<td>Exclude while symptomatic</td>
<td>Hand washing and food safety</td>
</tr>
<tr>
<td>Scabies</td>
<td>Itching and blister-like sores in the burrows of the skin</td>
<td>2 – 6 weeks</td>
<td>Direct contact with an infested persons skin, clothing or linens</td>
<td>From infection until eggs/mites are destroyed by treatment</td>
<td>Exclude until the day after treatment</td>
<td>Inform parents of infestations and proper control measures for home elimination. Prophylactic treatment of home contacts</td>
</tr>
<tr>
<td>Shigellosis</td>
<td>Diarrhea, blood, pus, or mucus in the stool, sudden stomach cramps, nausea, vomiting, and fever</td>
<td>24-72 hours (range of 12 hours to 5 days)</td>
<td>Fecal-oral</td>
<td>While shedding, up to several weeks</td>
<td>Exclude until: 1) 2 negative stools, collected 24 hours apart and at least 48 hours after antimicrobial therapy 2) <strong>Or</strong> after 48 hours of effective antimicrobial therapy</td>
<td>Hand washing</td>
</tr>
<tr>
<td>Disease/ Condition</td>
<td>Signs/ Symptoms</td>
<td>Incubation Period</td>
<td>Mode of Transmission</td>
<td>Period of Communicability</td>
<td>Exclusion/ Attendance</td>
<td>Prevention</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>--------------------------------------------------------------------------------</td>
<td>-------------------</td>
<td>---------------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Shingles (Herpes Zoster)</td>
<td>Rash that develops lesions appearing along nerve pathways</td>
<td>Not applicable</td>
<td>Transmission can occur through direct contact with the rash resulting in a case of varicella.</td>
<td>If lesions are not covered, transmission of varicella disease may occur from 10-21 days following the contact</td>
<td>Index Case: Exclude only if the site of infection cannot be covered</td>
<td>2 doses of age appropriate varicella vaccine</td>
</tr>
<tr>
<td></td>
<td>Index Case: Exclude only if the site of infection cannot be covered</td>
<td></td>
<td>Susceptible Contacts: Do not Exclude</td>
<td></td>
<td></td>
<td>One dose of the Zostavax vaccine for adults 60 and over</td>
</tr>
<tr>
<td></td>
<td>Susceptible Contacts: Do not Exclude</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 doses of age appropriate varicella vaccine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scarlet Fever and Streptococcal Sore Throat</td>
<td>Fever, exudative tonsillitis or pharyngitis and tender cervical nodes; in addition, a fine-red rash occurs with scarlet fever</td>
<td>Usually 1-3 days, rarely longer</td>
<td>Large respiratory droplets or direct contact with patient or carrier</td>
<td>Appropriate antibiotic treatment eliminates organism within 24 hours; untreated cases—as long as they are ill usually 10-21 days</td>
<td>Exclude until 24 hours after initiation of antibiotic therapy.</td>
<td>Encourage good personal hygiene.</td>
</tr>
<tr>
<td></td>
<td>2 doses of age appropriate varicella vaccine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tick Borne Infections</td>
<td>Varies by specific disease, but generally includes fever, rash, muscle aches, fatigue</td>
<td>Lyme – 3-31 days, usually 7-10 days Rocky Mt. Spotted Fever – 3-14 days Ehrlichiosis varies but generally 7-14 days</td>
<td>Transmitted from ticks to humans</td>
<td>Not applicable</td>
<td>None</td>
<td>Appropriate removal of tick.</td>
</tr>
</tbody>
</table>
## Communicable Disease Summary Chart

<table>
<thead>
<tr>
<th>Disease/Condition</th>
<th>Signs/Symptoms</th>
<th>Incubation Period</th>
<th>Mode of Transmission</th>
<th>Period of Communicability</th>
<th>Exclusion/Attendance</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuberculosis</td>
<td>Cough that lasts longer than 3 weeks, hemoptysis, night sweats, fever, pain in chest, weight loss, fatigue, chills, etc.</td>
<td>8 – 10 weeks for positive TST or IGRA. It can take decades for active disease to develop</td>
<td>Airborne</td>
<td>3 months prior to onset of symptoms until no longer infectious</td>
<td>Yes until no longer infectious (usually at least 2 weeks after the initiation of antibiotic therapy that produces a significant reduction in symptoms)</td>
<td>Avoid close contact with an infectious person. Treatment with Isoniazid for LTBI.</td>
</tr>
<tr>
<td>Varicella</td>
<td>Fever, fatigue, followed by rash illness that progresses into itchy, fluid-filled blisters</td>
<td>10-21 days</td>
<td>Contact with infectious respiratory secretions</td>
<td>2-5 days prior to the onset of the rash through the stage when the lesions have crusted over, (usually 7 days)</td>
<td><strong>Index Case:</strong> Exclude until the vesicles become dry. <strong>Susceptible Contacts:</strong> Do not exclude</td>
<td><strong>Vaccine Available</strong> 2 doses of age appropriate varicella vaccine  The vaccine is effective in preventing disease within 5 days of exposure; a varicella-zoster immunoglobulin may be given within 3 days of exposure to lessen the severity of disease in those who can not safely receive the vaccine</td>
</tr>
<tr>
<td>Illness</td>
<td>Rash Description</td>
<td>Other Symptoms</td>
<td>Agent</td>
<td>Period of Communicability</td>
<td>Exclusion/Attendance</td>
<td></td>
</tr>
<tr>
<td>---------------------------------</td>
<td>---------------------------------------------------------------------</td>
<td>---------------------------------------------</td>
<td>--------------------------------</td>
<td>------------------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| **Chickenpox**                  | • Rash begins on face and trunk and progresses to extremities where it is most concentrated  
• Lesions progress from flat to raised and become a vesicle before crusting; several stages are present at the same time  
• Vesicles are very itchy         | Low-grade fever and malaise                    | Herpes Zoster virus               | Up to 5 days prior to onset of rash until lesions have crusted over (usually 7 days)       | Exclude from school and public gatherings until vesicles become dry.                     |
| **Fifth Disease (erythema infectiosum)** | • Rash begins as a slapped-cheek appearance with warmth to the cheeks that may disappear before progresses to the trunk, extremities and feet  
• Flat and raised red rash that appears “lace-like”  
• Rash may be itchy                   | Low-grade fever, malaise and mild cold symptoms | Human parvovirus (B-19)          | 7 days prior to onset of rash                                                             | Recommend exclusion if fever is present, individual is no longer contagious after appearance of rash  
Pregnant women with illness or exposure need to seek medical advice                      |
| **Hand/Foot and Mouth Disease (vesicular stomatitis with exanthema)** | • Rash begins as small red spots that blister and become ulcers on the tongue, gums and inside of cheeks and progresses to a rash that is located on the palms of hands, soles of feet and appear on the buttocks and genitalia.  
• Flat and raised red spots that may form blisters  
• No itch – oral lesions can be very painful          | Low-grade fever, sore throat and malaise prior to onset of rash | Enteroviruses                    | Acute stage of illness and possibly longer – virus is shed in the stool                    | Recommend exclusion during first 2-3 days of acute illness. May consider exclusion for those with oral blisters who drool or have lesions on hands that are weeping. |
<table>
<thead>
<tr>
<th>Illness</th>
<th>Rash Description</th>
<th>Other Symptoms</th>
<th>Agent</th>
<th>Period of Communicability</th>
<th>Exclusion/Attendance</th>
</tr>
</thead>
</table>
| Measles      | • Rash begins at hairline and ears progressing to trunk, arms and legs             | High fever, malaise, cough, coryza conjunctivitis, runny nose, Koplik spots          | Measles virus  | 4 days before onset of rash through 4 days after the rash appears | **Index Case:** Exclude from school and contact with individuals outside home for 4 days after appearance of rash  
**Contacts:** Contacts with no history of immunization excluded until 14 days after onset of last measles case. |
| Pityriasis rosea | • Rash begins as an initial (herald) patch in ½ of cases that is salmon-pink, scaly and enlarges in size to about 0.5” that is on the trunk or upper extremities. Within 21 days secondary lesions spread over the trunk and extremities  
• Secondary lesions are red and scaly  
• Rash is usually itchy | None                                   | Inflammatory skin disease             | Not a communicable condition – treated with anti-pruritic therapy                  | Do not exclude                                                                   |
<table>
<thead>
<tr>
<th>Illness</th>
<th>Rash Description</th>
<th>Other Symptoms</th>
<th>Agent</th>
<th>Period of Communicability</th>
<th>Exclusion/Attendance</th>
</tr>
</thead>
</table>
| **Rubella** | • Rash begins on face and progresses to trunk within 24 hours  
• Flat and raised pink, discrete, rash that may be absent and often fades or turns red without desquamation. Most evident after hot shower  
• Slight to no itch | Low-grade fever, joint pain (adolescents and adults), enlarged and tender lymph nodes at the back of the neck | Rubella virus     | 7 days prior to the onset of rash through 4 days after the rash appears | **Index Case:** Exclude from school and contact with individuals outside the home for 7 days after the onset of rash  
**Contacts:** Students without proof of immunity are excluded until 23 days after the onset of last rubella case  
Pregnant women with illness or exposure need to seek medical advice |
| **Scabies**  | • Rash is manifested as crusts, vesicles, pustules, blisters or tiny papules that are usually very itchy  
• Most common in webs of fingers, hands, wrists, armpits, groin and elbows | Scratching of rash can become infected with *S. scabiei*  
*Streptococcal* or *Staphylococcal* bacteria | *Sarcoptes scabiei* | From time of infection until 1 day after treatment | Exclude from school until 1 day after treatment. |
| **Scarlet Fever** | • Rash begins upper chest and progresses to trunk, neck and extremities within 24 hours  
• Pinkish-red pinhead spots that blanch under pressure and feel similar to sandpaper (can often be felt easier than seen) | High fever, sore throat and nausea. The tongue is covered with white "fur" before peeling and developing into strawberry tongue.  
Diagnosis is made with positive throat cultures for strep | Group A Strep | Onset of symptoms until 24-48 hours after treated with antibiotics | Exclude until at least 24 hours after beginning antibiotic therapy |
<table>
<thead>
<tr>
<th>Illness</th>
<th>Rash Description</th>
<th>Other Symptoms</th>
<th>Agent</th>
<th>Period of Communicability</th>
<th>Exclusion/Attendance</th>
</tr>
</thead>
</table>
| Scarlet Fever | • Rash begins upper chest and progresses to trunk, neck and extremities within 24 hours  
• Pinkish-red pinhead spots that blanch under pressure and feel similar to sandpaper (can often be felt easier than seen) | High fever, sore throat and nausea. The tongue is covered with white “fur” before peeling and developing into strawberry tongue.  
Diagnosis is made with positive throat cultures for strep | Group A Strep | Onset of symptoms until 24-48 hours after treated with antibiotics | Exclude until at least 24 hours after beginning antibiotic therapy |
| Shingles    | • Unilateral rash in a line distribution of a sensory nerve  
• Clusters of blisters on a red base that scab in 3-5 days  
• No itch – can be painful | Pain, itching or tingling in the area where the rash develops (prior to the appearance of rash), fever, headache, chills and nausea | Herpes Zoster virus | From the time blisters appear until lesions have crusted over  
Susceptible persons who come in direct contact with lesions would acquire chickenpox, not shingles | Do not exclude if site of infection can be covered as the individuals are not considered to be highly contagious  
Individuals who are immuno-suppressed are at the greatest risk for getting shingles |
Legal Resources

In addition to the Communicable Disease Reporting Rule for Physicians, Hospitals and Laboratories (410 IAC 1-2.3) described in the manual, there are other legal resources schools should consult when appropriate. They include:

- Indiana code (IC 20-34-3-9) describes the process for sending ill children home and for readmission of child to school. It also provides a mechanism for reimbursement of medical care if the parents are financially unable to pay. You can access this section of Indiana code at:
  
  http://www.in.gov/legislative/ic/code/title20/ar34/ch3.html

- Immunization Requirements:
  
  http://www.in.gov/legislative/ic/code/title20/ar34/ch4.html
  
  http://www.in.gov/legislative/iac/iac_title?iact=410&iaca=1&submit=+Go

- Meningitis Education Requirements (section 18):
  
  http://www.in.gov/legislative/ic/code/title20/ar30/ch5.html

It is suggested that school nurses and administrators download and print out these laws and rules and file for quick reference when needed.

Hand washing

Hand washing is the single most effective way to prevent a wide variety of diseases. There are many resources available for schools and parents to access.

- ISDH hand washing Quick Fact Sheet and Campaign:
  
  http://www.in.gov/isdh/21926.htm
  
  http://www.in.gov/isdh/24036.htm

- CDC Web Link to hand washing info:
  
  http://www.bam.gov/sub_yourbody/yourbody_buzzonscuzz.html

- Other hand washing websites
  
  
  http://www.mayoclinic.com/health/hand-washing/HQ00407
**Immunization**

- Advisory Committee on Immunization Practices (ACIP) Recommendations which can be found at:
  
  [http://www.cdc.gov/vaccines/pubs/ACIP-list.htm](http://www.cdc.gov/vaccines/pubs/ACIP-list.htm)

  
  [http://www.cdc.gov/vaccines/pubs/pinkbook/default.htm](http://www.cdc.gov/vaccines/pubs/pinkbook/default.htm)

- Immunization Action Coalition. This website provides publications and print materials available for distribution to parents/guardians and teachers.
  

**Bloodborne Pathogens**

- Occupational Health and Safety Administration (OSHA) Blood-borne Pathogens Standards:
  
  

- CDC websites:
  
  