



# DUPAGE COUNTY HEALTH DEPARTMENT

*Everyone, Everywhere, Everyday*

October 2008

Welcome to a new and updated communicable disease and health handbook from the DuPage County Health Department! This is the new communicable disease “yellow binder” that so many of you

Although many of the childhood diseases or conditions covered in this handbook have not changed since our last communicable disease binder publication in 1992– a lot has changed for us as a public health department and for the culture of the children that we serve. We’ve added some new topic items to help you as professionals address current issues that families that you serve may be facing-whatever your audience may be- preschool, childcare, school or community group. Physical activity, nutrition, and Internet safety are just some of those topics. Also, look for our new logo and important service and benefiting information from the Health Department.

Ultimately, we share your goal of safe and healthy children and we hope that the materials in this handbook provide clear, relevant, easy-to-use guidance and education to communicate with families about health and safety topics. We encourage you to integrate health education into the everyday things that you do- as each of us helps model and reinforce good health habits we help build healthier children and healthier communities.

Please keep this binder close at hand but also don’t hesitate to call us with questions and, of course, to report communicable disease (see the new reportable disease chart and contact information). In addition to the hard-copy materials, we’ve also included a CD of printable materials to help you produce clear, customizable letters to go home to parents and families. We’ll continue adding to this handbook and sending out new topics and updates for current guidance as they come along.

Thank you for partnering with us toward the good health of the children and families that you serve!

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# How to use these Fact Sheets and Health Alerts and Guidance on Health Notes



The Fact Sheet and Health Alert formats are generally interchangeable. The Health Alert could be used for a more urgent notice where you can customize the date and location. For a few of the topics where a note home would not be suggested (such as Hepatitis B) there is not a health alert format.



## Did You Know?

There are a number of other fact sheets from recommended sources and websites such as those listed on our reference page. The first set of fact sheets and alerts were designed with the goal of an “eye-catching” format. The second set is a more formal, letter format.

## Important Guidance on Letters and Notes Home to Parents, Students, and Staff Related to Health Topics or Alerts

-Notes home to parents and others on illness that are included in the Illinois Department of Public Health reportable disease code should not be sent home without first consulting the DuPage County Health Department. There may be additional guidance or information that the Health Department needs to share with families so that they are aware of all of the factors involved in a particular disease response or control measures.

-Notes and letters home should be a part of a consistent written policy for your facility about parental/ family notification regarding illness and other important notices. We often suggest that for many of the common childhood illness your agency establishes a routine communication pattern, such as at the beginning of the year and at each 6-weeks period or quarterly or as seasonally appropriate for things such as influenza. This process may help parents stay informed without creating “information overload” that may be ignored when notes are sent home multiple times a common condition is reported.

-The methods used to communicate health information to families and staff should match the urgency of the situation or illness at hand. Capabilities and mechanisms for each school or childcare center may be different and include: posting notices, sending a letter home in hard copy, posting a notice on a website and sending an auto-dialer or automated phone message could all be utilized. The uniformity of message and timeframe in which the message should be delivered should be considered when choosing a method of delivery. The Health Department may also be able to offer guidance about the method of delivering the message.

-Notes and letters about health topics should be utilized in situations that would allow families to have increased awareness, take action to watch for signs and symptoms of illness, seek medical attention, avoid a particular hazard or mode of transmission of illness, or to begin or increase healthy behaviors or prevention measures.

-The privacy of potentially ill children or staff should be considered when sending letters and notifications that may lead to the revealing of the individual who is or may be ill. It is important that you do not share the identity or personal information of ill children or staff people. Staff or parents may choose to share this information with others, but notification about an illness should be done without revealing the ill person(s).

# Health Alert Notice to Parents and Families, Students, and Staff from

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Date \_\_\_\_\_



**Please read the below notice from our facility and the attached fact sheet or notice for more information about an important health topic.**



It has come to our attention that someone in our facility may be undergoing evaluation or has been diagnosed with a health condition. It is important for you to be aware of this information so that you can watch for signs and symptoms of this illness and take appropriate prevention steps for you and your family.

The attached fact sheet explains information about the illness/condition and serves as a way for us to communicate with you and your family in a timely manner. It is not exhaustive source but gives basic information and more importantly, actions that you can take to reinforce with your children habits to help prevent the spread of illness.

Please let us know if you would like additional information or also speak with your healthcare provider for guidance about this matter. Please also share this information with your healthcare provider if you are visiting them for an evaluation of your health status.

We are taking appropriate precautions to help stop the spread of this illness/condition within our facility. An important part of stopping the spread of illness is for each family to promote and practice healthy behaviors while at home and in other settings.

Thank you for attention to this matter.  
For questions or concerns please contact

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# Reference and Resources

## General School Nursing, Childcare, and School Health Reference:

National Association of School Nurses-position papers and issue briefs, CEUs, and updates: [www.nasn.org](http://www.nasn.org)

New and Updated! Illinois Association of School Nurses: [www.iasn.org](http://www.iasn.org)

Information on environmental health, nutrition, wellness from Healthy Schools Campaign: [www.healthyschoolscampaign.org/](http://www.healthyschoolscampaign.org/)

Illinois Department of Human Services including the School Health Program: <http://www.dhs.state.il.us/>

Positive Parenting: [www.positiveparentingdupage.org](http://www.positiveparentingdupage.org)

Childcare Resource and Referral at the YWCA: [www.ywcachicago.org](http://www.ywcachicago.org)

National Association for the Education of Young Children: <http://www.naeyc.org/>

National Resource Center for Health and Safety in Childcare and Early Education: <http://nrc.uchsc.edu/STATES/states.htm>

## Legislative Updates:

To find your home and work legislators, learn more about how a bill becomes a law in Illinois and to check out progress on bills and resolutions introduced in the Illinois House or Senate: [http://www.illinois.gov/government/gov\\_legislature.cfm](http://www.illinois.gov/government/gov_legislature.cfm) or search bills or resolutions through: [www.ilga.gov/legislation](http://www.ilga.gov/legislation)

## Chronic Disease/Health Resources:

DuPage County Health Department: [www.dupagehealth.org](http://www.dupagehealth.org)

Illinois Department of Child and Family Services: <http://www.state.il.us/dcfs/index.shtml>

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

American Academy of Pediatrics: [www.aap.org](http://www.aap.org)

Illinois Department of Public Health: [www.idph.il.us](http://www.idph.il.us)

Medline Plus: <http://medlineplus.gov/>

National Heart, Lung and Blood Institute: [www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/)

Reliable Health Information from the U.S. Department of Health and Human Services: [www.healthfinder.gov/](http://www.healthfinder.gov/)

Diabetes-Five fast diabetes facts: [www.ndep.nih.gov/diabetes/diabetes.htm](http://www.ndep.nih.gov/diabetes/diabetes.htm)

Food and Allergy Anaphylaxis website: [www.foodallergy.org/](http://www.foodallergy.org/)

Chicago Asthma Consortium: <http://www.chicagoasthma.org/>

Centers for Disease Control and Prevention new asthma resource page: [www.cdc.gov/healthyyouth/asthma/creatingaf](http://www.cdc.gov/healthyyouth/asthma/creatingaf)s

## CPR and Bloodborne Pathogen Resources:

Online courses from the American Heart Association: <http://www.onlineaha.org/>

Includes a quiz and a variety of overviews of CPR from the University of Washington: <http://depts.washington.edu/learncpr/>

OSHA fact sheets and Bloodborne Pathogen guidance: [http://www.osha.gov/OshDoc/data\\_BloodborneFacts](http://www.osha.gov/OshDoc/data_BloodborneFacts)

## Variety/General Health Content:

Nemours Foundation with sections for parents, kids and teens [www.kidshealth.org](http://www.kidshealth.org)

The CDC website for kids [www.bam.gov](http://www.bam.gov)

The Scrub Club- handwashing and health content: [www.nsfscrubclub.org](http://www.nsfscrubclub.org)

## Fitness and Wellness:

Kids site with curriculum on nutrition and physical activity: [www.smallstep.gov](http://www.smallstep.gov)

Main site from DHHS on fitness and nutrition [www.heathierus.gov](http://www.heathierus.gov)

Site for information about nutrition in the school setting: [www.schoolnutrition.org/](http://www.schoolnutrition.org/)

The new 5 a day site nutrition site (fruits and veggies more matters): [www.fruitandveggiesmorematters.org](http://www.fruitandveggiesmorematters.org)

Adult and kids food pyramid and resources: [www.mypyramid.gov](http://www.mypyramid.gov)

# Inclusion Recommendations for childcare settings

Most minor illnesses do not constitute a reason for excluding a child from childcare. Appropriate precautions along with good hand hygiene and diapering practices are excellent measures at all times to help prevent the spread of illness. Consultation and collaboration with a physician/healthcare provider about diagnosis of an illness, treatments or medications, precautions and readmission to the childcare setting is always encouraged.

Examples of illnesses and conditions that do not usually necessitate exclusion include the following:

<b>Asymptomatic children who excrete an enteropathogen usually do not need to be excluded, except when an infection with Shiga toxin-producing <i>E.coli</i> or with <i>Shigella</i> species has occurred in the childcare program. Because these infections are transmitted easily and can be severe, exclusion is warranted until results of 2 stool cultures are negative for the organism.</b>
<b>Cytomegalovirus (CMV) infection</b>
<b>Chronic hepatitis B virus (HBV) infection*</b>
<b>Hepatitis C (HCV) infection*</b>
<b>Human immunodeficiency virus (HIV) infection*</b>
<b>Nonpurulent conjunctivitis (defined as pink conjunctiva with a clear, watery eye discharge without fever, eye pain, or eyelid redness)</b>
<b>Parvovirus B19 (Fifth Disease) infection in an immuno-competent host</b>
<b>Rash without fever and without behavioral change</b>

\* Admission of a child previously identified to have chronic HBV, HCV, or HIV infection with one or more risk factors for transmission of bloodborne pathogens (e.g., biting, frequent scratching, generalized dermatitis, or bleeding problems) should be determined by the child's physician, childcare provider, or program director. The responsible public health authority or child care health consultant should be consulted when appropriate. Regular assessment of behavioral risk factors and medical conditions of enrolled children with either chronic HBV infection, HIV, or other communicable infection is necessary.

## Exclusion Recommendations in the childcare setting

Condition	Comment
Illness	If it prevents the child from participating comfortably in program activities.
Illness	If it results in a need for care that is greater than the staff can provide without compromising the health and safety of other children.
Illness	Symptoms and signs of possible severe or communicable illness for which isolation is required by the Illinois Department of Public Health's General Procedures for the Control of Communicable Disease (77 Ill. Adm.Code 690) until a medical professional evaluation finds the child able to be included.
Illness	With symptoms of diarrhea, or those with rash combined with fever, child is not to be admitted while the symptoms persist and is to be removed as soon as possible if symptoms develop while child is in care.
During the course of an <u>identified outbreak of any communicable illness</u> in a childcare setting	Any child determined to be contributing to the transmission of organisms causing the illness at the program may be excluded. The child may be readmitted when the risk of transmission is determined no longer to be present.
Abdominal pain/persistent (continues for $\geq 2$ hours) or intermittent abdominal pain associated with fever, dehydration, or other systemic signs or symptoms.	While the symptoms persist or until a medical professional evaluation finds the child able to return.
Chickenpox (Varicella)	Until all lesions have dried and crusted (usually 6 days after onset of rash).
Conjunctivitis/Purulent (Pink eye) (defined as pink or red conjunctiva with white or yellow eye discharge, often with matted eyelids after sleep and eye pain or redness of the eyelids or skin surrounding the eye)	Until examined by a physician and approved for readmission or 24 hours after treatment has been initiated.
Diarrhea or stools that contain blood or mucus.	Until the diarrhea stops and/or the stools are deemed non-infectious
Fever (over 101° F/oral, or 100° F, axillary) and other behavior changes or signs/symptoms of illness	While the symptoms persist or until a medical professional evaluation finds the child able to return.
Head lice (pediculosis),	At the end of the program or school day and until the morning after the first treatment or evidence of reduction in nits and no live lice present.
Hepatitis A virus (HAV) infection	Until 1 week after onset of illness or jaundice (if symptoms are mild).

## Exclusion Recommendations in the childcare setting

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Condition	Comment
Impetigo	Until 24 hours after treatment has been initiated.
Measles	Until 4 days after onset of rash
Mouth sores associated with drooling	Until the child's physician or local health department authority states that the child is non-infectious.
Mumps	Until 9 days after onset of parotid gland swelling
Pertussis (whooping cough)	Until 5 days of appropriate antimicrobial therapy have been completed.
Rash with fever (over 101° F) or behavioral change	Until a physician has determined the illness is not a communicable disease.
Rubella	Until 6 days after onset of rash.
Scabies	Until the morning after treatment has been given.
Shiga toxin-producing <i>Escherichia coli</i> , including <i>E. coli</i> O157:H7, or <i>Shigella</i>	Until diarrhea resolves and results of 2 stool cultures test negative for these organisms.
Strep throat (streptococcal pharyngitis)	Until 24 hours after treatment has been initiated.
Tuberculosis	Until the child's physician or local health department authority states that the child is non-infectious.
Vomiting (2 or more times during the previous 24 hours)	Until vomiting resolves or a health care provider determines the cause of the vomiting is not contagious and the child is not in danger of dehydration.

*\*Consult with public health authorities for specific situation Communicable Disease control measures and exclusion information*

Adapted from: TITLE 89: SOCIAL SERVICES, CHAPTER III: DEPARTMENT OF CHILDREN AND FAMILY SERVICES, SUBCHAPTER e: REQUIREMENTS FOR LICENSURE, PART 407

LICENSING STANDARDS FOR DAY CARE CENTERS, SUBPART G: HEALTH AND HYGIENE, 2/15/2004: P. T. 2004.05: Section 407.310, Health Requirements for Children: b) and c), pages 76-78