## COMMUNICABLE DISEASE CHART AND NOTES FOR SCHOOLS AND CHILDCARE CENTERS

<table>
<thead>
<tr>
<th>Condition</th>
<th>Method of Transmission</th>
<th>Incubation Period</th>
<th>Signs and Symptoms</th>
<th>Exclusions</th>
<th>Readmission Criteria¹</th>
<th>Reportable Disease II</th>
<th>Prevention, Treatment, and Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hyperemia</td>
<td>Direct contact with ill and sick breath</td>
<td>Variable</td>
<td>Conjunctival injection, photophobia, tearing, redness, and/or itching of eyes</td>
<td>Not applicable</td>
<td>Instructed upon return to school/area of work.</td>
<td>Not applicable</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>Rubbing eyes or use of contaminated hands</td>
<td>Variable</td>
<td>Conjunctival injection, photophobia, tearing, redness, and/or itching of eyes</td>
<td>Not applicable</td>
<td>Instructed upon return to school/area of work.</td>
<td>Not applicable</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Giardiasis</td>
<td>Direct contact with contaminated food</td>
<td>Variable</td>
<td>Diarrhea, abdominal pain, nausea, vomiting</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Herpes Simplex</td>
<td>Direct contact with contaminated object</td>
<td>Variable</td>
<td>Fever, rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Mumps</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Headache, fever, loss of hearing, swollen parotid salivary glands, swelling of parotid salivary glands</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Scabies</td>
<td>Direct contact with contaminated object</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Fifth Disease</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Scarlet Fever</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Echovirus 9 (ECHO 9)</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Varicella Zoster</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Measles</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Measles</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
<tr>
<td>Scarlet Fever</td>
<td>Direct contact with respiratory secretions from an infected person</td>
<td>Variable</td>
<td>Rash in mouth, hands (palms and fingers), and feet (soles), which might not be blister</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Teach effective handwashing</td>
</tr>
</tbody>
</table>

### Notes

- **Variable**: The incubation period may vary depending on the specific disease.
- **Not applicable**: Generally does not come in close contact with the infected person.
- **Yes**: Likely to come in close contact with the infected person.
- **No**: Not likely to come in close contact with the infected person.

### Prevention, Treatment, and Comments

- **Teach effective handwashing**: Important to reduce the spread of communicable diseases.
- **Use appropriate masks and respirators**: For situations involving respiratory droplets or aerosols.
- **Isolate infected individuals**: Until they are fever-free and symptom-free for 24 hours after the last appearance of the rash.
- **Avoid close contact with sick children or unimmunized adults**: Until symptoms resolve.
- **Follow isolation and special precautions**: As recommended by the local health department.
**Minimizing the Spread of Communicable Disease**

**Handwashing**

- **Handwashing (General Tips)**: Always wash hands with soap and water after using the restroom, before eating, and after touching a dirty surface. Use alcohol-based hand sanitizers if soap and water are not available.

- **Correct Handwashing Technique**:
  - Wet hands with soap and water, then lather for at least 20 seconds.
  - Rinse hands with soap and water.
  - Dry hands thoroughly using a clean towel or air dryer.

- **Fecal Oral Route**:
  - S. Typhi diarrhea free and stool test negative for pathogen.
  - Complete medical treatment and 3 consecutive stool samples obtained.
  - Antibiotic treatment has begun AND a valid waiver has been signed.

- **Irritants**:
  - Use irritant-free soaps and sanitizers.
  - Avoid harsh chemicals and abrasive cleaning products.

**Respiratory Route**

- **Common Cold**
  - Fever, cough, runny nose, sore throat, fatigue.

- **Germs**
  - Commonly 12-24 hours.
  - Can be transmitted through coughing, sneezing, or contact with contaminated surfaces.

- **Pneumonia**
  - Commonly 3-5 days.
  - Signs include fever, cough, shortness of breath, and胸痛.

**Environmental Surfaces**

- **Surface Disinfection**
  - Use EPA-registered disinfectants.
  - Clean and disinfect surfaces frequently.

- **Personal Hygiene**
  - Practice good personal hygiene, especially during cold and flu season.

**Immunizations**

- **Vaccines**
  - Recommended for all ages. Check with healthcare provider for specific recommendations.

**Environmental Control**

- **Ventilation**
  - Ensure adequate airflow to prevent the buildup of respiratory droplets.

- **Hygiene Practices**
  - Encourage frequent handwashing and the use of hand sanitizers.

**Dispersal**

- **Presumptive Dispersal**
  - Keep household members isolated in a separate room.

- **Confirmed Dispersal**
  - Isolate the affected individual.

**Prevention Strategies**

- **Fever**
  - Rest, fluids, cool baths, and acetaminophen or ibuprofen.

- **Bronchiolitis**
  - Avoid contact with sick household members.

- **Chickenpox**
  - Avoid contact with sick household members.

- **Croup**
  - Provide frequent hydration.

**Vaccines**

- **Measles-Mumps-Rubella (MMR)**
  - Recommended for all ages.

- **Hepatitis A**
  - Recommended for individuals at high risk.

- **Hepatitis B**
  - Recommended for all newborns.

**Antibiotics**

- **Diarrheal Illness**
  - Antibiotics may be prescribed for certain conditions.

**Burns**

- **First Degree**
  - Cool burns under running water for 10-15 minutes.

- **Second Degree**
  - Apply a cool, damp cloth to the burn.

**Cancer**

- **Palliative Care**
  - Focus on symptom management and comfort measures.

**End of Treatment**

- **Follow-Up**
  - Schedule follow-up appointments with healthcare providers.

**End of Treatment (Continued)**

- **Support Services**
  - Offer emotional support and resources.

**End of Treatment (Continued)**

- **Follow-Up**
  - Schedule regular checkups.

**End of Treatment (Continued)**

- **Support Services**
  - Connect with local support groups.

**End of Treatment (Continued)**

- **Follow-Up**
  - Maintain regular medical appointments.

**End of Treatment (Continued)**

- **Support Services**
  - Offer ongoing support and resources.

**End of Treatment (Continued)**

- **Follow-Up**
  - Schedule periodic checkups.

**End of Treatment (Continued)**

- **Support Services**
  - Connect with local support groups.

**End of Treatment (Continued)**

- **Follow-Up**
  - Maintain regular medical appointments.

**End of Treatment (Continued)**

- **Support Services**
  - Offer ongoing support and resources.

**End of Treatment (Continued)**

- **Follow-Up**
  - Schedule periodic checkups.