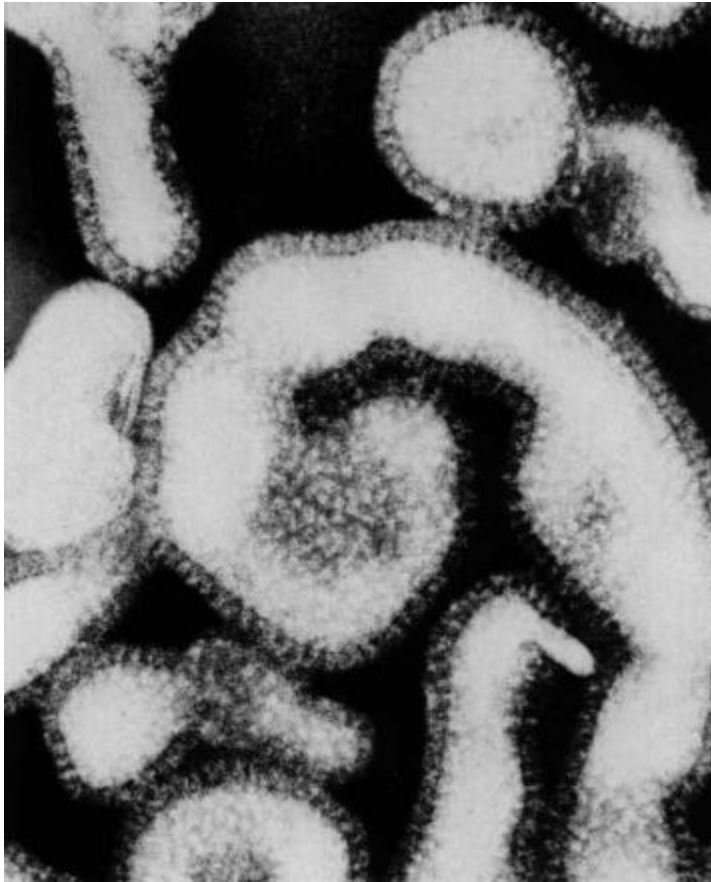




COMMUNICABLE DISEASES

Transmission

- Direct transmission:
Contact with infected person/secretions.
- Indirect transmission:
Contact with something that has been in contact with infectious agent.



- Diseases are caused by germs or bugs

All types of bugs need food,
water and warmth to grow.

How Germs are Spread

- Through human waste.
- Through other body fluids.
- Through direct skin contact.
- By touching an object with germs (droplet).
- In the air we breathe (aerosol).
- Food left at room temperature too long or improperly prepared.

The most important preventive measure: HANDWASHING

- After toileting and diaper changes.
- After touching any body fluid.
- Before and after food preparation and eating.
- Between children.

Other preventative measures

- Wash toys daily in infant and toddler rooms with 1/4 teaspoon bleach to 1 quart water.
- Spray surfaces with this disinfecting spray after diaper changes, after play, before meals.
- Cover sneezes and coughs with tissues, then discard and wash hands.

Other preventative measures

- Follow recommended procedures for food handling, including formula and breast milk.

Exclusion Criteria

- Diarrhea
- Vomiting
- Eye drainage and redness
- Rashes (not diaper, heat or allergic)
- Sore throat with a fever
- Appearance/Behavior indicative of illness

RHINOVIRUS

- The cause of the common cold.
- There are more than 100 types.
- Contagious 1-10 days.
- Nasal mucus: 10-100 times more virus than throat secretions.
- Survives well on wood, plastic and skin.

ADENOVIRUS

- There are 47 types.
- Mild to severe illness.
- Transmitted by respiratory secretions.
- Portal of entry: eyes and nose.
- Communicable 1 day to many months.

PARAINFLUENZA

- Affects upper and lower respiratory tracts.
- Major cause of croup.
- Usually seen in children aged 3 months to 3 years.
- Begins suddenly and at night.

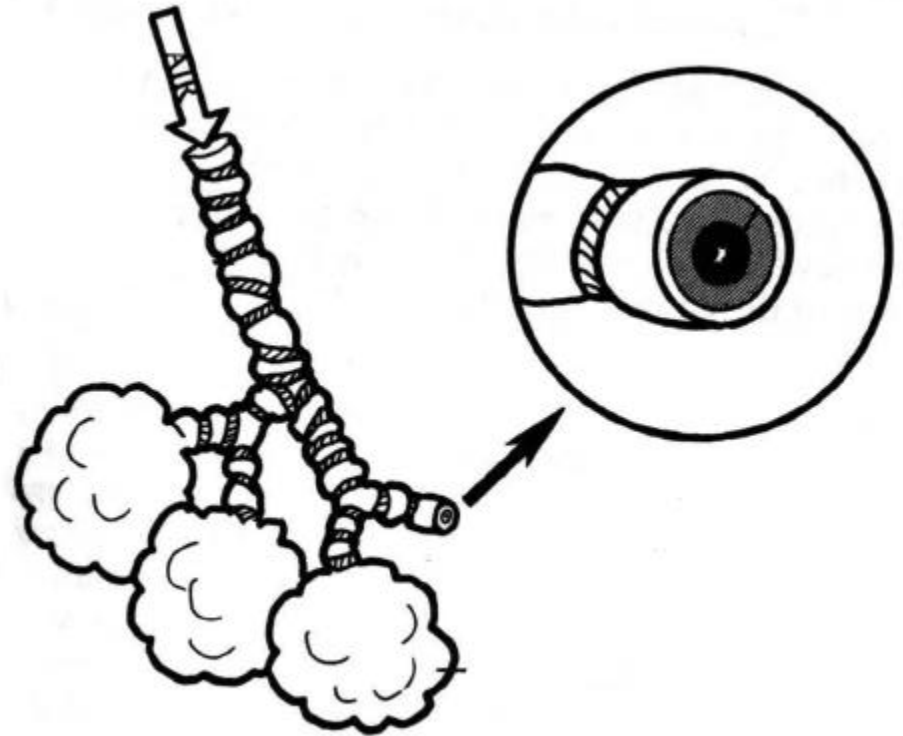
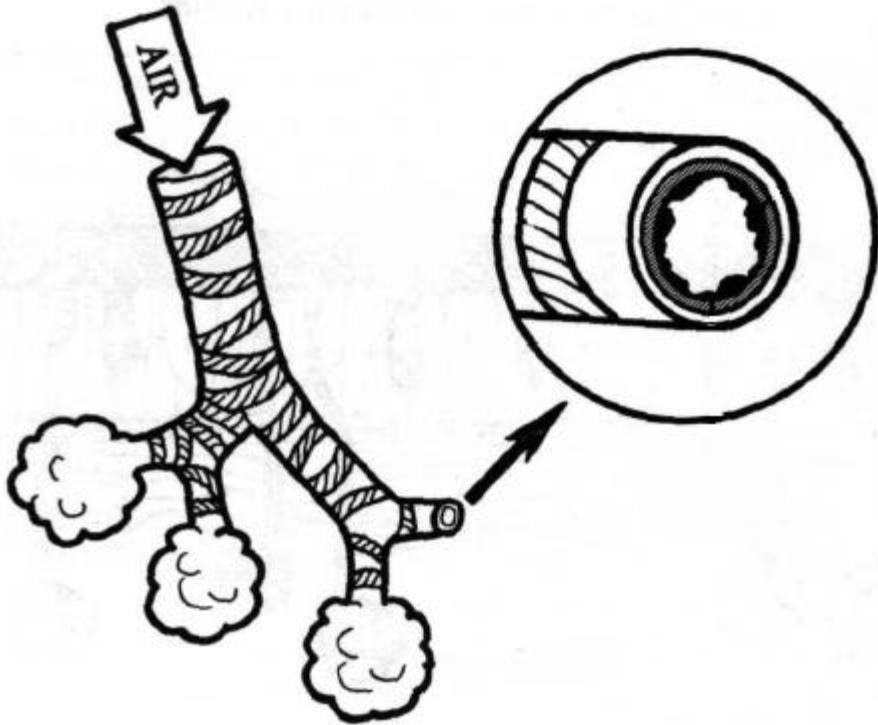
INFLUENZA

- Epidemics: Winter and Geography
- Simultaneous circulating types
- Spread by respiratory secretions
- Contagious 1-7 days
- There is a vaccine

RESPIRATORY SYNCYTIAL VIRUS

- The most common respiratory pathogen in children.
- Almost all children infected by age 3.

RSV Airway



FUN FACTS TO SURVIVE VIRUS SEASON

- It's normal to cough for 2-3 weeks after you've survived a virus.
- The worse the virus, the longer you are going to cough when it's gone.
- Coughing longer than 6 weeks is not normal.

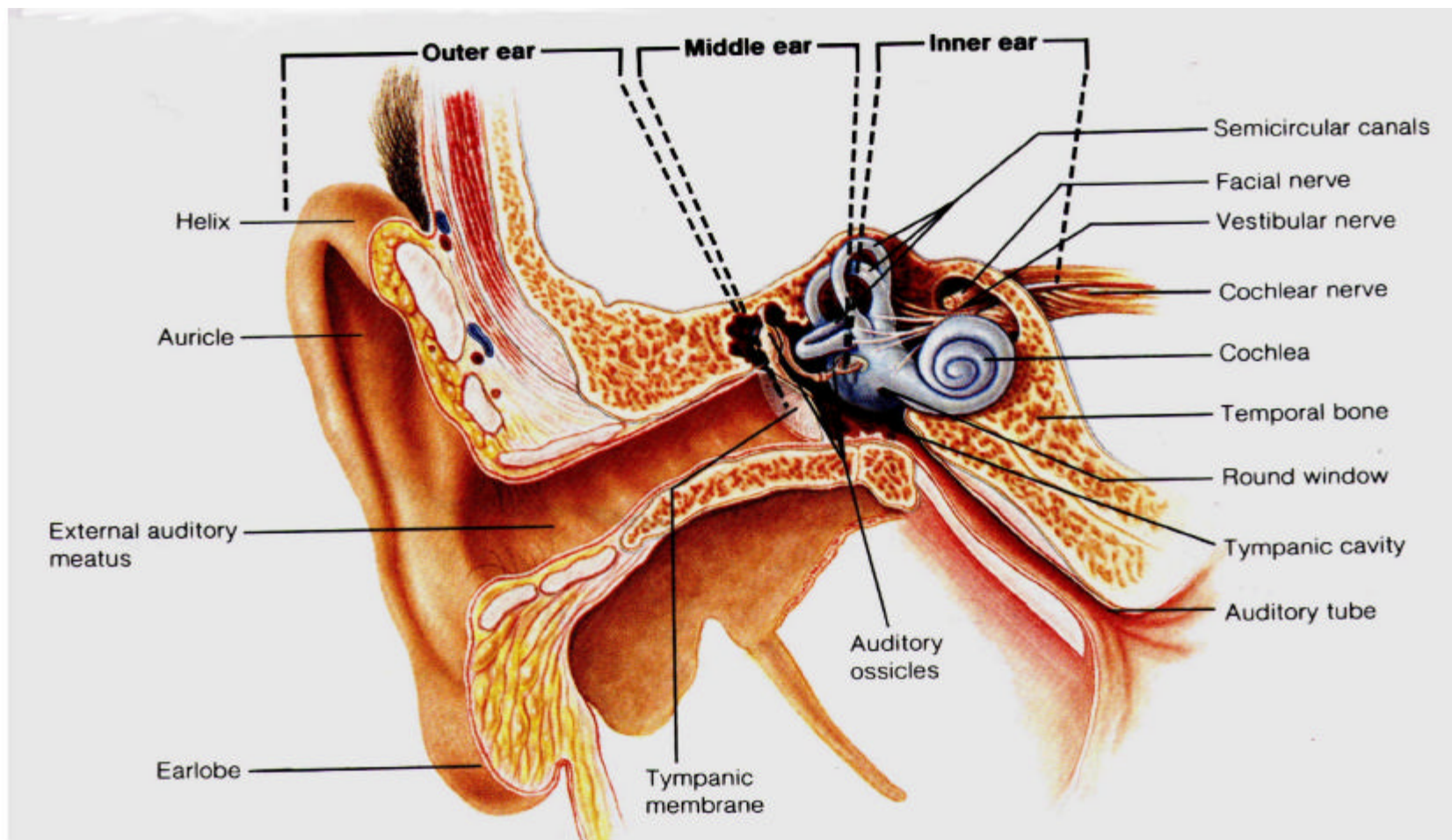
Conjunctivitis: Clinical Findings

- Redness
- Burning, stinging, or itching
- Light-sensitive
- Sticky, pus-like discharge
- Matted eyelashes

Treatment and Education

- May need topical antibiotics.
- Highly contagious.
- Wash eye inside to outside.
- Warm soaks for comfort.
- Wash hands frequently.

Anatomy of the Ear



Otitis Media (middle ear infection)

- Very common.
- Clinical Findings:
 - Ear pain, loss of hearing
 - Tiredness, dizziness
 - Ringing in ears
 - Fever
 - Stuffy or runny nose
 - Blood or pus from the ear

Yeast or Thrush (Candidiasis)

- White patches to mouth.
- Rash to diaper area that doesn't respond to usual ointments.
- Both require prescription medications.
- Oral thrush-excluded until on treatment.

Streptococcal Infections

- Transmission: upper respiratory tract secretions.
- Communicable: onset of symptoms up to a few months in the untreated person.

Strep pharyngitis (sore throat)

- Incubation period is 2-5 days.
- Clinical Findings:
 - Abrupt onset sore throat, difficulty swallowing
 - Fever
 - Tiredness
 - Headache

Impetigo

- Acquired by direct physical contact with an infected person.
- Incubation is 7-10 days.
- Clinical Findings:
 - Honey-colored scab on a reddened base
 - Swollen lymph glands

Clinical Findings for Scarlet Fever

- Sore throat
- High fever
- Headache
- Tiredness
- Vomiting
- Red coated tongue
- Sandpaper-like rash 12-24 hours after other symptoms.

Treatment for all Strep infections

- Antibiotics
- Fever medication
- Fluids, Rest, TLC
- Follow-up appointment to re-culture
- Exclusion: Until on antibiotics 24 hours.

Hand, Foot and Mouth Disease

Coxsackie A

- Sores in mouth, on hands and on the soles of the feet.
- Rash on the buttocks.
- Fever or headaches.
- Disease lasts 7-10 days and is mild.

Coxsackie: Treatment and Exclusion

- There is no treatment required.
- No exclusion necessary, but avoid contact with nose, mouth discharge and feces of the infected person.



**GOOD HANDWASHING IS
EXTREMELY IMPORTANT IN
THE CONTROL OF THIS
ILLNESS**

Fifth's Disease

- Incubation: 4-14 days.
- Communicable: until the rash appears.
- Children in the rash stage can attend school.

Clinical findings

- Low grade fever
- Rash in 3 stages:
 - 1) slapped cheek
 - 2) lacy rash to arms, face, thighs and buttocks
 - 3) rash recurrences.

Cold sore (herpes virus 1)

- Primary infection: affects ages 1-4.
- Period of communicability: unknown.
- Can be transmitted during primary or recurrent infections.

Cold Sore Exclusion

- No exclusion if control of saliva.
- Sores should be covered if possible.

Clinical findings

- Most common symptoms in 1-4 yr. olds.
 - Abrupt fever
 - Irritability
 - Lesions and pain to mouth and throat
 - Swollen, reddened and bleeding gums

Molluscum Contagiosum

- Highly Contagious.
- Spread by direct or indirect contact.
- 2 month incubation.
- Waxy lesions to face, axillae, trunk and extremities

Hepatitis A

- Is highly contagious.
- Non-symptomatic illness common.
- Most contagious 2 weeks before and 1 week after onset of jaundice (yellow).
- Incubation is 15-50 days.

Clinical findings

- Pre-yellow phase

- Tiredness
- Nausea, Vomiting
- Loss of appetite

- Yellow phase

- Dark urine
- Poor weight gain
- Yellow tinged skin and eyes

Diarrhea

- 10% of preventable deaths in the US.
- 500 deaths/year in the US in children.
- Treatment:
 - Restore fluids.
 - Fluids only for 24 hours.
 - BRAT diet.
 - Medication based on the causative organism.
 - Anti-diarrheals not recommended

Pinworms

- It is the most common parasite in children in US.
- Incubation: 1-2 months or longer.
- Communicable: 2-4 weeks.
- Treatment:
 - A single dose of medication, and then a second dose 2 weeks later.
 - Excluded until after first dose of medication.

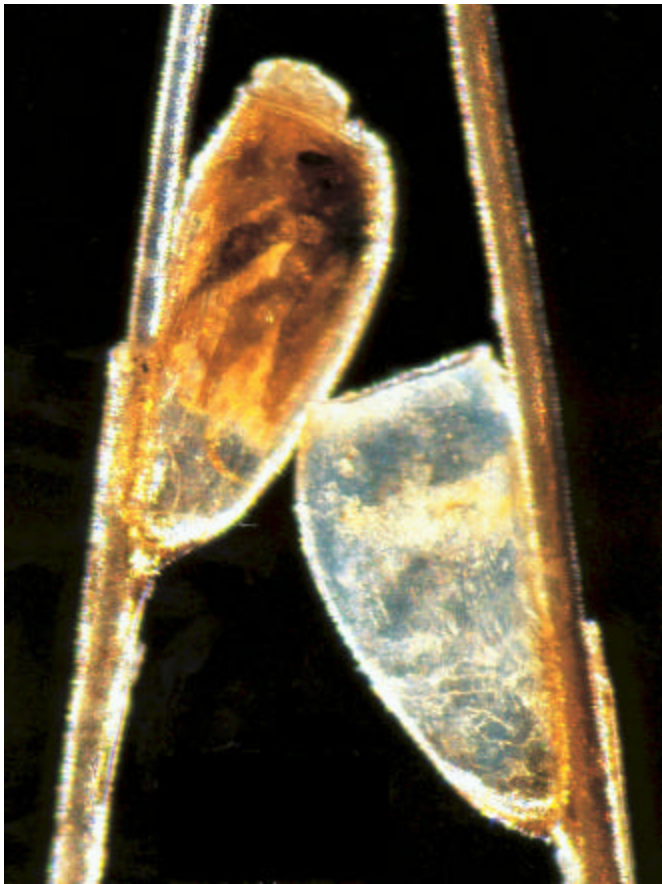
Ringworm

- Bald patches or areas of broken hairs.
- Red, scaly and crusty circular lesions.
- Exclusion Guidelines:
 - Children should be kept out of school for 2-3 days. They may return to school after treatment has begun.
 - Sores must be covered until completely healed.

Treatment for Ringworm

- Anti-fungal medication or shampoo.
- Family members and pets checked and treated.
- Follow-up visit 2 weeks after treatment.

Lice Clinical Findings



- Itching
- Visible nits and lice.

Treatment

- Lice treatments.
- Combing out the nits.
- Treat the environment.
- Excluded until nit free.

Scabies



- Highly contagious.
- Incubation: 1-2 months after contact.
- Itching begins 3 weeks after infestation.
- Communicable: as long as infected and untreated.

Clinical findings

- Itching, worse at night
- Fitful sleep
- Characteristic lesions

Treatment

- Elimite cream
- Exam/treat all contacts and family members.
- Treat the environment.
- Children can return to school 24 hours after treatment.

Varicella

- Spread by direct contact, droplets and airborne transmission.
- Incubation period--10-21 days.
- Communicable-1-2 days before the rash and until lesions are dry.

Clinical findings

- Prodrome phase
 - Low grade fever
 - Headache
 - Cold S/S
- Rash phase
 - Begins on the trunk.
 - Crops of lesions progress from spots to teardrop vesicles to scabs.
 - Scabs last 5-20 days.

Measles (rubeola)

- Easily transmitted via respiratory secretions.
- Incubation: 10-12 days.
- Communicable: 3-5 days before and 4 days after rash.

Clinical findings

- Prodrome stage

- Cold S/S
- Fever

- Rash stage

- Increased fever
- Rash begins behind the ears and on forehead. Progresses downward for 3 days.
- Rash fades day 4.

Mumps

- Incubation: 14-21 days.
- Communicable: 1-7 days before and after onset of swelling.
- Exclusion from school until 9 days after swelling begins.

Clinical findings

■ Prodrome stage

- Fever
- Headache
- Neck pain

■ Swelling stage

- Parotid swelling
- Pain
- Rash to body
- Fever

Rubella

- Incubation: 14-21 days.
- Communicable: 7 days before and 5-7 days after the onset of the rash.
- Children should be kept at home for 1 week after the rash appears.

Clinical findings

- Swollen lymph glands
- Rash begins on the face, fades, and then spreads to the rest of the body over 24 hours. Lasts up to 3 days.
- Low fever

Diphtheria

- Lives in respiratory tract.
- Spread through direct contact.
- Incubation: 2-5 days.
- Symptoms:
 - Sore throat
 - Fever/chills
 - Thick gray coating over back of throat

Tetanus

- Lives in dirt and in the feces of animals.
- Enters the body through wounds.
- Incubation: 3 days-3 weeks.
- Symptom: Stiff muscles

Pertussis

- Lives in respiratory tract.
- Aerosol transmission.
- Incubation: 5-10 days.
- Symptoms:
 - Coughing
 - Fever
 - Vomiting and Exhaustion

Polio

- Lives in throat and intestines.
- Spread by fecal-oral route.
- Incubation: 6-20 days.
- Symptoms:
 - Fever
 - Severe muscle pain/spasm
 - Headache

Hib


- Enters the body through nose and throat.
- Incubation: unknown.
- Symptoms:
 - Fever
 - Severe Headache
 - Severe Sore throat

Smallpox

- Does not infect people anymore.

TUBERCULOSIS

- Infecting agent--mycobacterium tuberculosis
- More than 25,000 people in US get TB every year.
- Spread by inhalation of infected respiratory secretions.

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- Exposure--recent contact with infected person.
 - Infection--positive skin test without physical findings.
 - Disease--person with infection and symptoms.
 - Communicable only short time if take medication.
 - Children usually not contagious.

- Incubation period from infection to positive skin test--2-12 weeks.
- High risk--6 months to 2 years.
- Highest risk--infants and post-pubertal adolescents.
- Highest attack rate:
 - minorities from high risk countries
 - lower socioeconomic groups
 - the homeless
 - inmates
 - the malnourished
 - those with chronic diseases

Symptoms of TB

- Not feeling well
- Cough
 - minimally productive at first
 - more productive as progresses
- Low-grade fever
- Generalized tiredness
- Decreased appetite
- Subsequent weight loss

Take home message

- Most of these diseases will happen in your room.
- Good hand washing will stop the spread of these diseases, even when in very close proximity.