

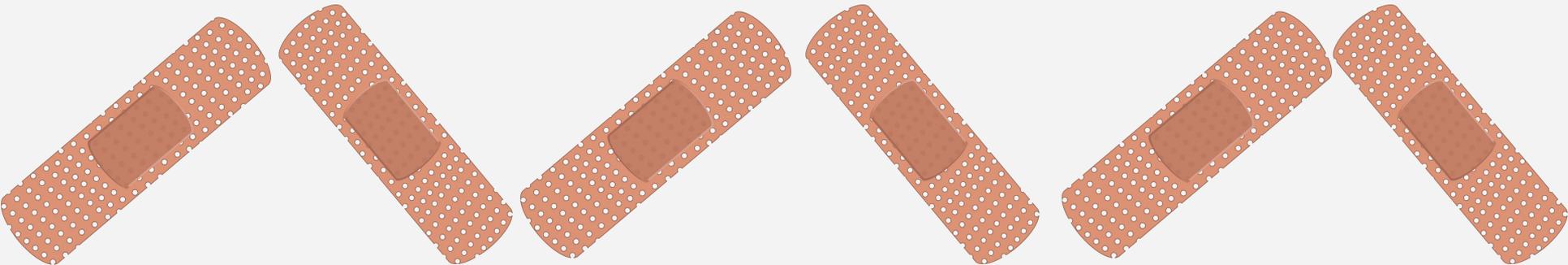


Communicable Diseases, Bloodborne Pathogens, & When to Keep Your Child at Home

**Presented by School Nurses
February 18th, 2021**

Communicable Diseases, Bloodborne Pathogens, & When to Keep Your Child at Home

This session presented by the Perth Amboy Preschool nurses will provide families and caregivers with information on when to keep children home from school in order to stop the spread of communicable diseases. The school nurses will also provide information regarding the protocols and safety measures that schools practice to prevent the spread of bloodborne pathogens. This is general information regarding communicable diseases and blood borne pathogens. If you have any questions regarding your child, please contact their pediatrician.



What is a Communicable Disease?

- ❑ Illnesses that are caused by infectious diseases are common in children in schools & other childcare settings.
- ❑ Socio-economic factors can increase the risk of outbreaks among children & adolescents in these settings.
- ❑ Some infectious diseases are communicable (can be transmitted from one person to another, via:
 - ❑ Droplets
 - ❑ Air suspensions
 - ❑ Feces
 - ❑ Urine
 - ❑ Skin Contact



Communicable Diseases that affect Preschool Children Ages 3-5: **Conjunctivitis (Pink Eye)**

- ❑ Highly contagious.
- ❑ Spreads through hand to eye contact by hands or objects that are contaminated with the infectious virus.
- ❑ Having contact with infectious tears, eye discharge, fecal matter, or respiratory discharges can contaminate hands.
- ❑ Can also be spread by large respiratory tract droplets.



Communicable Diseases that affect Preschool Children Ages 3-5: **Ringworm**



- ❑ Highly contagious and common skin infection.
- ❑ The rash is caused by a fungal infection.
- ❑ The rash is usually red, itchy, bumpy, & round with clear skin in the center.
- ❑ The fungi that causes the infection can live on skin surfaces and household items such as:
 - ❑ Clothing
 - ❑ Towels
 - ❑ Bedding
- ❑ A doctor will diagnose the rash and recommend treatment.

Communicable Diseases that affect Preschool Children Ages 3-5: **Chickenpox**

- ❑ Highly contagious.
- ❑ Caused by the varicella-zoster virus.
- ❑ Causes an itchy rash with small, fluid-filled blisters.
- ❑ A vaccine is available to protect children against the virus.
- ❑ Vaccination is mandated by the New Jersey Health Department: a first injection when they are 12 to 15 months old
 - ❑ a booster is **Recommended** between 4 & 6 years old
- ❑ Chickenpox can be spread:
 - ❑ through the droplets you breathe into the air when you cough or sneeze
 - ❑ through mucus, saliva, or fluid from the blisters



Treatment & Prevention of Chickenpox

- ❑ Chickenpox is highly contagious, so children should stay home and rest until the skin rash clears and the blisters dry; about 1 week.
- ❑ If you are not sure if your child is ready to go back to school, ask your doctor.
- ❑ Children should use their own towels and bed linens.
- ❑ Pat (do not rub) the body dry after bathing.
- ❑ Use cool wet compresses or give baths in lukewarm water every 3-4 hours for the first few days. Oatmeal bath products can help relieve itching (they are available at supermarkets and drugstores). Bathing does not spread the rash.
- ❑ Always check with your pediatrician before using any topical lotion on itchy areas. Make sure to avoid contact with the eyes.



Communicable Diseases that affect Preschool Children Ages 3-5: **Impetigo**

- ❑ Contagious skin infection.
- ❑ Usually affects children between 2-5 years old.
- ❑ Develops if bacteria enters into healthy skin.
- ❑ Enters through:
 - ❑ Cuts
 - ❑ Scrapes
 - ❑ Small Openings from Scratching
- ❑ Can also develop from irritation caused by a runny nose.
- ❑ Signs:
 - ❑ Red Bumps on face, arms, or legs
 - ❑ Bumps form blisters that will open & scab with a yellow/gold/brown crust
- ❑ Handwashing without sharing towels, along with your doctor's prescribed medication will help prevent the spread of infection.



Preventing Impetigo

- ❑ Keep skin clean to prevent impetigo.
- ❑ Have children wash their hands well and often.
- ❑ Take baths or showers regularly.
- ❑ Pay special attention to skin injuries:
 - ❑ Cuts
 - ❑ Scrapes
 - ❑ Bug Bites
 - ❑ Areas of eczema
 - ❑ Rashes (such as poison ivy)



Communicable Diseases that affect Preschool Children Ages 3-5: **Strep Throat**



- ❑ Highly contagious.
- ❑ Usually requires treatment with antibiotics.
- ❑ Symptoms include:
 - ❑ Sore throat
 - ❑ Fever
 - ❑ Red & Swollen Tonsils
 - ❑ Painful or Swollen Neck Glands
- ❑ With **Antibiotics, plenty of rest and fluids**, most children get back to school and play within a few days.
- ❑ Spread through:
 - ❑ Coughing
 - ❑ Sneezing
 - ❑ Shaking Hands

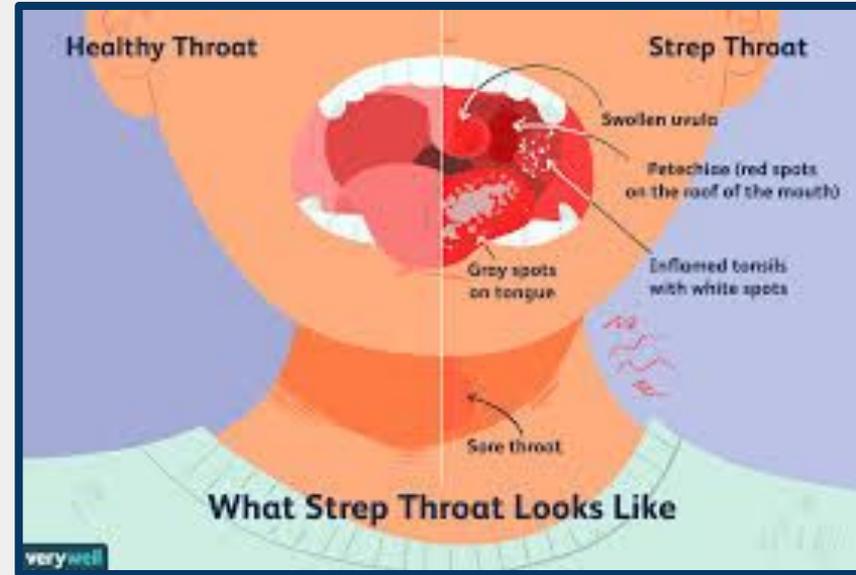
Getting Tested for Strep Throat

- ❑ If your child has a sore throat and other strep throat symptoms, call their pediatrician.
- ❑ The pediatrician will likely do a rapid strep test in the office, using a cotton swab to take a sample of fluids at the back of the throat. The test takes about 5 minutes.
- ❑ If the rapid strep test is positive, your child has strep throat. If it is negative, the pediatrician will send a sample to a lab for a throat culture; the results are usually available within a few days.



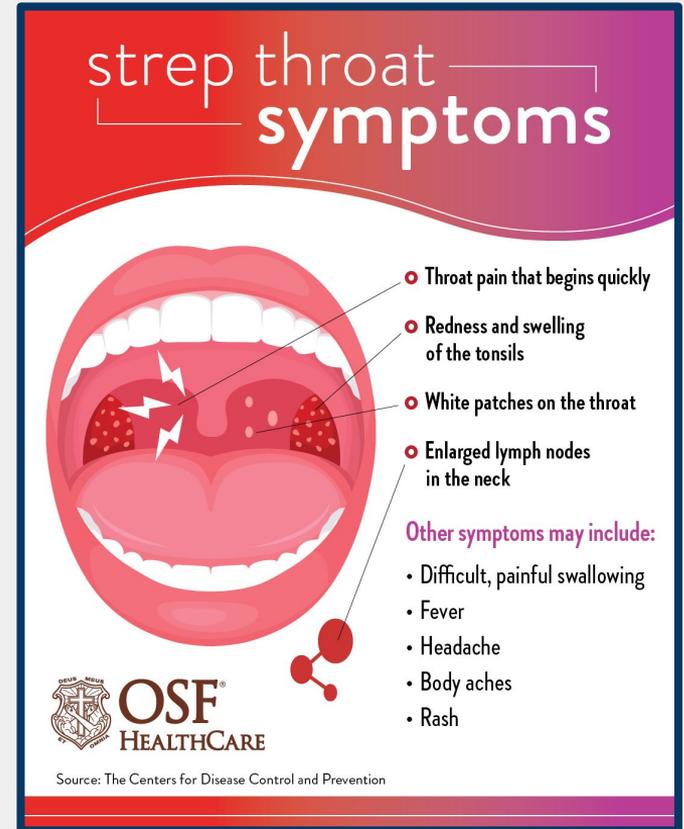
Treatment & Prevention of Strep Throat

- ❑ Doctors prescribe antibiotics for about 10 days to treat strep throat.
- ❑ Antibiotics typically take 24 hours before your child is no longer contagious and no longer has a fever.
- ❑ By the 2nd or 3rd day, other symptoms will start to go away.
- ❑ **Even when your child starts to feel better, it is important for them to continue to take the antibiotics to kill any harmful bacteria.**
- ❑ Completing the cycle of antibiotics will also help to prevent other potential illnesses such as:
 - ❑ Rheumatic fever
 - ❑ Scarlet Fever
 - ❑ Blood Infections
 - ❑ Kidney Diseases



Treatment & Prevention of Strep Throat

- ❑ Keep your child's eating **utensils**, dishes, and drinking glasses **separate** and wash them in hot, soapy water after each use.
- ❑ Make sure your child doesn't share food, drinks, napkins, handkerchiefs, or towels with other family members.
- ❑ Teach your child to cover all sneezes and coughs. If a tissue isn't handy, kids should sneeze or cough into a shirtsleeve, not their hands.
- ❑ Remind everyone to wash their hands well & often.
- ❑ Give your child a **new toothbrush** after the antibiotic treatment starts.



How to Help Your Child Feel Better When They Have **Strep Throat**

- ❑ Give your child plenty of liquids to prevent dehydration, such as water, ginger ale or electrolytes drinks especially if your child has had a fever.
- ❑ Avoid orange juice, grapefruit juice, lemonade, or other acidic beverages, which can irritate a sore throat.
- ❑ Warm liquids like soups or sweetened tea can be soothing.
- ❑ Talk to your doctor about when your child can return to normal activities:
 - ❑ Children may return to school with a **doctor's note**, when they have taken antibiotics for at least 24 hours and no longer have a fever without the aid of fever reducing medications.



Communicable Diseases that affect Preschool Children Ages 3-5: **Fifth Disease**

- ❑ Also known as “**Slapped Cheeks Rash**”, spreads through respiratory droplets.
- ❑ First sign: red cheeks. Then the rash spreads to:
 - ❑ Trunk
 - ❑ Arms
 - ❑ Legs
 - ❑ Soles of feet
- ❑ Contagious **BEFORE the rash is present & no longer contagious when the rash appears.**
- ❑ Outbreaks are common in late winter & early spring
- ❑ Symptoms:
 - ❑ Mild rash
 - ❑ Fever
 - ❑ Runny Nose
 - ❑ Muscles Aches & Headaches
- ❑ Proper hand washing, rest, and doctor recommendations will help prevent the spread.



What Are **Coxsackievirus** Infections?

Coxsackievirus is very contagious and live in the human digestive tract. The virus can spread from person to person, usually on unwashed hands and surfaces contaminated by feces, where they can live for several days. Coxsackievirus infections cause mild flu-like symptoms and go away without treatment.

Signs & Symptoms:

- High Fever
- Headache
- Muscle Aches
- Sore Throat
- Abdominal Discomfort
- Nausea



Coxsackievirus: Treatment & Prevention

Coxsackieviruses can cause painful red blisters in the throat and on the tongue, gums, hard palate, inside of the cheeks, and the palms of the hands and soles of the feet.

In order to properly treat coxsackievirus, it is important to contact your pediatrician for the appropriate medical treatment.

Most children recover completely after a few days, and they are required to bring a medical note back to school in order to return.

There is no vaccine to prevent coxsackievirus infection. Hand washing is the best protection.

Remind everyone in your family to wash their hands well & often, especially after using the toilet.

Communicable Diseases that affect Preschool Children Ages 3-5: **Influenza (The Flu)**

- ❑ Highly contagious.
- ❑ An infection of the respiratory tract: nose, throat, and lungs.
- ❑ Caused by a virus that easily spreads from person to person.
- ❑ Can be spread from the day before the carrier feels sick until their symptoms are gone (approximately 1 week for adults, but can be longer in children).
- ❑ Flu viruses cause the most illnesses during the colder months of the year (in the US, flu season is October until May).



Signs & Symptoms of the Flu

When people have the flu, they usually feel worse than they do when they have a cold. Kids who get sick with the flu usually get symptoms about 2 days after they were in contact with the flu virus. They might have:

- Sudden Fever
- Headache
- Cough
- Muscle Aches
- Sore Throat
- Nausea & Vomiting
- Diarrhea



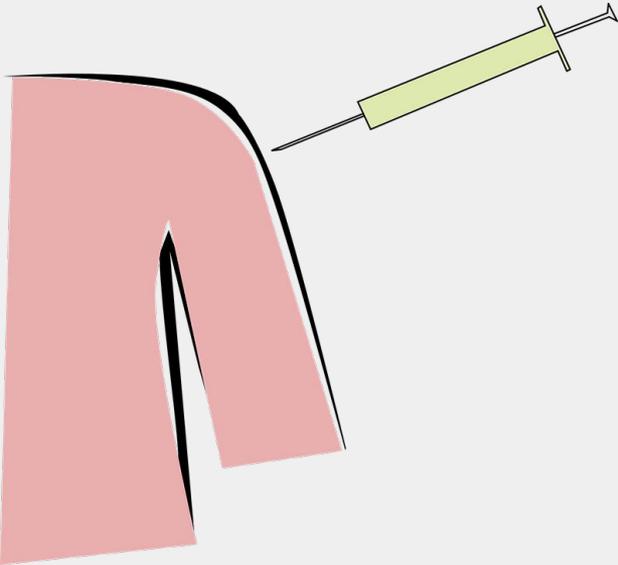
Treating the Flu:



- ❑ During the coronavirus pandemic, experts found that wearing masks can help protect the community from the spread of germs. They recommended that all children age 2 and up wear a mask when out in public or around people who don't live with them. Wearing masks can also help stop the spread of flu.
- ❑ Drink plenty of fluids to prevent dehydration.
- ❑ Get plenty of rest and relaxation.
- ❑ Help to control your child's fever with over the counter medication that is recommended by your pediatrician.

Flu Prevention

- ❑ Children with the flu should stay home from school and childcare until they feel better.
- ❑ They should return when they are fever free for at least 24 hours without using a fever-reducing medicine. Ask the doctor what is best for your child.
- ❑ Get the flu vaccine - (Mandated by NJDOH for ALL preschoolers)
- ❑ Wash hands well & often with soap and water, especially after coughing or sneezing, and before eating or preparing food.
- ❑ Cover mouth and nose with a tissue when coughing or sneezing, then throw away the tissue. Cough or sneeze into upper arm if a tissue is not available.



COVID-19 & the Flu

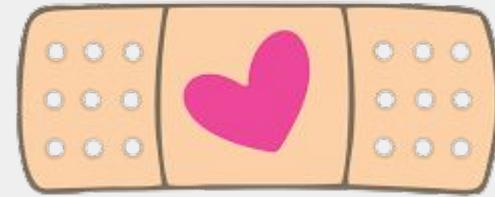
- ❑ Flu & COVID-19 cause similar symptoms. If someone in your family has symptoms such as a fever or a cough, they may need to contact their medical doctors for further recommendations and treatments
- ❑ Be sure to follow [CDC](#) Guidelines and keep up to date with any changes in recommendations.



How to Wear a Mask



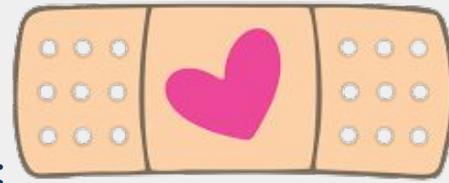
What are **Bloodborne Pathogens**?



Bloodborne pathogens are diseases that are transmitted through exposure to infected blood or bodily fluids that contain infected blood. Can be transmitted directly or indirectly:

- ❑ **Direct Transmission:**
 - ❑ Infected blood, feces, or bodily fluids
- ❑ **Indirect Transmission:**
 - ❑ Air, food, water, or insects
 - ❑ Anyone working or interacting with young children are inevitably exposed to blood at some point:
 - ❑ Children are prone to bloody noses, they frequently fall, and suffer cuts and scrapes.

Prevention of Bloodborne Pathogens



Follow these simple steps to protect yourself from bloodborne illnesses:

- ❑ Anyone can be infectious.
- ❑ Always use disposable gloves or any barrier when coming into contact with blood or other bodily fluids.
- ❑ Always wash your hands before putting on and after removing gloves.
- ❑ Get vaccinated against Hepatitis A and B.
 - ❑ Hepatitis A, B and C are transmitted through blood, bodily fluids.
 - ❑ Urine, tears, sweat and vomit do not transmit bloodborne diseases unless contaminated with infectious blood.
- ❑ You cannot contract a bloodborne disease from touching, hugging or kissing; sharing pots, pans, forks or spoons; using a public restroom or swimming pool; or coughing or sneezing.
- ❑ If you believe you have been exposed to a bloodborne pathogen, **immediately** wash the affected area with soap and water, and proceed **immediately** to your personal physician or the nearest emergency room.

Perth Amboy Public Schools Guidelines: When to Keep Your Child Home

I have a fever	I am vomiting	I have diarrhea	I have a rash	I have head lice/nits	I have an eye infection	I am congested and/or have a thick constant runny nose	I have a sore throat	I have been diagnosed with strep throat or scarlet fever	I have been in the hospital	I'm just not feeling very good
										
Temperature of 100° F) and sore throat, rash, vomiting, diarrhea, earache, or not feeling well	Two or more times in 24 hours	Three or more watery stools in 24 hours	Body rash with itching or fever	Itchy scalp	White part of eye pink and/or pus draining from the eye	Uncomfortable stuffed up feeling and/or runny nose	With fever or swollen glands	Red sore throat with patches on tonsils, swollen glands, fever and/or rash	Hospital stay and/or emergency room visit	Unusually tired and/or pale Lack of appetite, confused, and/or cranky
To Return to School I need: To be fever free without the assistance of medication for 24 hours (i.e. Tylenol, Motrin, Advil) A note from my parent/guardian	To be free from vomiting for 24 hours A note from my parent/guardian	To be free from diarrhea for 24 hours A note from my parent/guardian	To be free from rash with itching or fever A doctor's note permitting me to return to school	To be brought to the school nurse by my parent/guardian Prior to returning to class	To have clear eyes that are not draining. To have completed 48 hours of treatment A doctor's note permitting me to return to class	To be fever free without the assistance of medication for 24 hours (i.e. Tylenol, Advil or Motrin) A note from my parent/guardian/MD	To be fever free without the assistance of medication for 24 hours A note from my parent/guardian	To be fever free without the assistance of medication for 24 hrs. To have completed 48 hours of treatment A doctor's note permitting me to return to class	A copy of the discharge instructions and/or doctor's note permitting me to return to class that includes any special instructions (i.e. modifications to daily program and if so for what period of time)	To be feeling better and acting like I normally do A note from my parent/guardian

IF I SHOW ANY OF THE ABOVE SIGNS OF ILLNESS AT SCHOOL, IT WILL BE NECESSARY TO PICK ME UP AT SCHOOL. PLEASE KEEP ALL EMERGENCY CONTACT INFORMATION UP TO DATE. IF I SHOULD BECOME ILL OR INJURED AT SCHOOL I NEED TO BE ABLE TO CONTACT YOU.

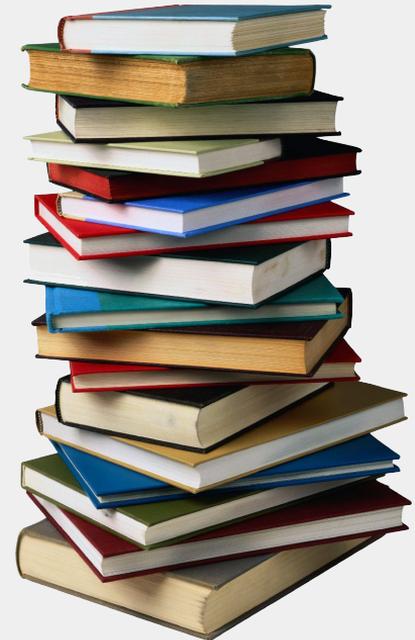
Perth Amboy Public Schools Guidelines: When to Keep Your Child Home

Tengo fiebre	Estoy vomitando	Tengo diarreas	Tengo salpullido	Tengo piojos	Tengo infección en un ojo	Estoy congestionado y/o tengo la nariz botando agua	Me duele la garganta	He sido diagnosticado con infección de la garganta	Estuve en el hospital	No me siento muy bien
										
Temperatura de 100 F) y dolor de garganta, salpullido, vómitos, diarreas, dolor de oído, o no sentirse bien	Dos o más veces en 24 horas	Tres o más excretas aguadas en 24 horas	Salpullido en el cuerpo con picor y fiebre	Picazón en el cuero cabelludo	Parte blanca del ojo está rosada y/o secreciones saliendo del	Sentirse incómodo y congestionado y/o con la nariz botando agua	Con fiebre o con glándulas hinchadas	Garganta roja e irritada con parchas en las amígdalas, glándulas hinchadas, fiebre y/o salpullido	Hospitalizado y/o visita a emergencia	Usualmente cansado y/o pálido Falta de apetito, confuso, y/o malhumorado
Para Regresar a la Escuela Necesito: Estar sin fiebre sin la asistencia de medicamentos por 24 horas (i.e. Tylenol, Motrin, Advil) Una nota del padre/encargado	Estar sin vomitar por 24 horas Una nota del padre/encargado	Estar sin diarreas por 24 horas Una nota del padre/encargado	 Una nota médica permitiendo regresar a la escuela	Ser traído a la enfermera escolar por padre/encargado Prior to returning to class	Tener los ojos claros sin secreciones. Haber completado 48 horas de tratamiento Una nota médica permitiendo regresar a la escuela	Estar sin fiebre sin la asistencia de medicamentos por 24 horas (i.e. Tylenol, Advil or Motrin) Una nota del padre/encargado y el médico	Estar sin fiebre sin la asistencia de medicamentos por 24 horas Una nota del padre/encargado	Estar sin fiebre sin la asistencia de medicamento por 24 horas Haber completado 48 horas de tratamiento Una nota médica permitiendo regresar a la escuela	Una copia de las instrucciones de alta y/o una nota médica permitiendo regresar a la escuela que incluya instrucciones específicas. (ej. modificaciones al programa diario y si es así, por que período de tiempo)	Sentirse mejor y comportarse como de costumbre Una nota del padre/encargado

SI MUESTRO CUALQUIERA DE LOS SINTOMAS DE ENFERMEDAD ARRIBA MENCIONADOS EN LA ESCUELA, SERA NECESARIO RECOGERME DE LA ESCUELA. FAVOR DE MANTENER TODA LA INFORMACION DE TODOS LOS CONTACTOS DE EMERGENCIA AL DIA. SI ME ENFERMO ME ACCIDENTO EN LA ESCUELA, NECESITO PODER COMUNICARME CONTIGO.

Resources

- ❑ [American Academy of Pediatrics](#)
- ❑ [CDC Guide to Face Masks](#)
- ❑ [Center for Disease Control Website](#)
- ❑ [Cleaning & Disinfecting Your Home](#)
- ❑ [Communicable Disease Guide for Schools & Childcare Settings](#)
- ❑ [Conjunctivitis Information from the CDC](#)
- ❑ [Impetigo Information](#)
- ❑ [Information about the Flu](#)
- ❑ [Management & Control of Communicable Diseases in Schools & Childcare Settings](#)
- ❑ [What Family Child Care Providers Should Know about Bloodborne Pathogens](#)



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