



HEALTH SERVICES



Healthy Children Learn Better. . . Health Services Make It Happen!

District School Nurse
(760) 868-5805 Phone
(760) 868-5806 Fax

Snowline Joint Unified School District
9558 Wilson Ranch Road
P.O. Box 296000
Phelan, CA 92329-6000

COMMUNICABLE DISEASE INFORMATION

Everyone is better protected when an ill child is kept at home while contagious. It is especially important for your child's health that home care continue until his/her temperature is normal for 24 hours and symptoms have disappeared. Other children who have come in contact with the ill child may attend school as long as they are not ill. If you have any questions regarding this information please contact the District School Nurse at the above phone number.

___ **Chicken Pox:** Small water blisters on the scalp, neck and covered parts of the body are usually the first sign. The blisters break easily. A child may become cross, tire easily and have a fever during the first few days of the illness. A sick youngster should be kept at home for seven days from the appearance of the first crop of blisters. The incubation period* is 14-21 days.

___ **German Measles:** Common symptoms of this disease are a light rash and a swelling of the glands behind the ears and at the back of the neck. A sick student should be kept at home for at least four days after the rash first appears. The incubation period* is 14 to 21 days.

___ **Measles:** A runny nose, sneezing, coughing, watery eyes and fever are the first symptoms. A blotchy rash appears about the fourth day. An ill child should be kept home for at least seven days after the rash appears. Ask your doctor about getting gamma globulin shots to protect others in the house who have not had the measles or been vaccinated against it. The disease can cause serious complications. The incubation period* is eight to thirteen days.

___ **Mumps:** Symptoms are a swelling and tenderness in front of and below the ear or under the jaw. It may be painful to move the jaw. An ill youngster should be kept at home for nine days from the start of swelling or less if swelling has subsided. The incubation period* is 12 to 26 days.

___ **Streptococcal Infection or Scarlet Fever:** This disease begins suddenly with vomiting, fever, sore throat and headache. A bright rash usually appears within 24 hours. The rash may not appear but the disease is just as serious. If your child has these symptoms, call your doctor. If the child is receiving treatment with an effective antibiotic, isolation may be discontinued 24 hours after treatment is begun. If not receiving antibiotic, the child should be isolated for at least seven days from the beginning of disease and until all signs completely disappear. The incubation period* is one to three days.

___ **Fifth Disease:** A mild childhood illness caused by the Human Parvovirus B19 and is characterized by a facial rash which has a "slapped cheek" appearance. A few days later there is a lace-like rash on the body, arms and legs which may come and go for several weeks. Once the rash appears however, the person is probably no longer infectious. Pregnant women, immunocompromised persons and persons with chronic hemolytic anemia should be evaluated by their physician if they have been exposed. The child usually feels well at the time the rash appears but may have had mild unspecific symptoms in the 1-4 days before. The incubation period* is 4-20 days.

___ **Hand, Foot and Mouth Disease:** A family of viruses called Coxsackie causes this disease, and it usually affects infants and older children in the summer and fall months. The illness begins with a moderate fever, but gets its unusual name from the parts of the body it involves. Small round blisters develop inside the mouth- usually on the tongue and the inside of the cheeks, but can also appear on the lips, gums and roof of the mouth. Small round fluid filled blisters may also appear on the palms of the hands, the soles of the feet and between the fingers and toes. About 25% of affected children also develop a rash, especially over the buttocks. Children should not attend school during the acute phase of the illness, when the child's temperature is greater than 100 degrees F. If a child has lesions not accompanied by a fever, there are no restrictions and they may attend school.

***Incubation period means the time it takes for the disease to develop after the child has been exposed.**