

Communicable diseases are one of the most common causes of student absenteeism. Therefore, prevention and the control of communicable disease in the school setting is an important goal of the Garrett County School Health Services Team. Below are only a few of the many diseases that we may become exposed to at school or in the community. Please call your health care provider if you suspect your child has any of the conditions listed below. You may also contact your child's school nurse to discuss any of your concerns or questions. You are the most important member of the team when it comes to keeping your child healthy. Your school nurse is Jennifer Knauff and can be reached by calling 301-334-8881.

Nurse Notes



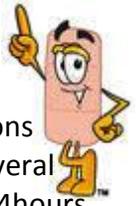
To prevent the spread of any disease it is recommended that you use good hand washing. Remember to apply soap, lather well, rub your hands vigorously for at least 20 seconds. Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails. Be sure to wash your hands before eating and especially after using the restroom.

Head Lice: The incubation period is usually 2-6 weeks for the first infestation, and 1-4 days for recurrent infestations. Symptoms include itching of the scalp. Nits (eggs) are tightly attached to the shaft of the hair close to the scalp. Crawling lice may not be seen. Lice are transmitted by direct contact with infested person's hair or occasionally on their combs, brushes, carpets, or linens. Lice remain communicable while lice are alive, or until 24 hours after treatment. Students will be excluded until at least 24 hours after treatment, and will not be readmitted until they are nit free.



Scabies: The incubation period is usually 2-6 weeks before the onset of itching; 1-4 days for those that are re-exposed. Symptoms include rapid onset of red papular rash involving the fingers, wrists, elbows, knees, and other skin surfaces. Intense itching may occur, especially at night. Scabies are transmitted from person to person through direct skin to skin contact such as holding hands, or through contact with contaminated cloths. Scabies remain contagious until mites and eggs are destroyed, usually 24 hours of effective treatment of a scabicide lotion or cream. Students will be excluded until 24 hours after treatment. Treatment of the household and close contacts may be necessary. Clothing, bedding, and other personal articles should be laundered using hot cycles of washer and dryer or dry cleaned.

Conjunctivitis (Pink-eye): The incubation period varies depending on the agent. Symptoms include Pink or red conjunctivae (white part of the eye), white or yellow discharge, redness or swelling of the eye lids, and matted, sticky eye lids. Transmission is with direct contact of the respiratory secretions of an infected person or contact with drainage. Depending on the cause it can be contagious from several days to weeks. Students will be excluded cleared by your healthcare provider or until treatment for 24hours.

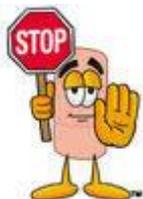


Strep Throat: The incubation period is usually 1-5 days, sometimes longer. Symptoms include sudden onset of headache, fever, sore throat. Neck lymph nodes may be enlarged, and tender. Strep throat is spread from person-to person through direct contact with nose or throat discharges from an infected person. Strep is communicable for 10-21 days in untreated cases, or until 24 hours after the start of antibiotic therapy.

Common Cold: The incubation period is usually 2days.Symptoms include runny nose, watery Eyes, sneezing, chills, sore throat, cough, and general body discomfort lasting 2 – 7 days. A low Grade fever may also be present. Colds are spread from person-to person through direct contact of respiratory droplets. It may also be spread from indirect contact with nose and throat secretions from another person with a cold. Colds are communicable depending on the cause, from 24 hours before and 5 days after symptoms have started. Exclusion is not recommended, but personal hygiene is a must. Used tissues should be discarded in the trash. Students should be encouraged to cover their mouth and nose when coughing and sneezing. Good hands washing should be encouraged.



Impetigo: Incubation is usually 4-10days. Symptoms include blister-like skin lesions which later develop into crusted sores that are irregular in outline. Transmission is direct contact with draining sores or by touching articles contaminated with blister fluid. Impetigo is not contagious after 24 hours of treatment. Students will be excluded Until 24 hours of antibiotic therapy has been completed. Cover lesions; cream or antibiotics to apply may be needed.



Cold and flu season will soon be here. With winter is quickly approaching. We will all be spending more time indoors and in close contact with others. Promoting good health habits is the first line of defense in winning “the battle of the bugs”.

