

EXPOSURE NOTICE

Your child has been exposed to:

IMPETIGO

What You See:

- Skin sores with a honey- colored scab
- Oozing or drainage from the scab
- Normally found on the face, around the nose and mouth

What to Do:

- Child needs to be seen by a doctor
- Medication is usually prescribed-follow doctor's treatment plan
- Child and caregivers' hands should be washed frequently

When Can Child Return to School?

- Child can return 24 hours after the medication is started, or a release is given by a doctor

EXPOSURE NOTICE

Your child has been exposed to:

5th DISEASE

What You See:

- Red, lace-like rash on the cheeks, backs of arms, legs, and buttocks
- Fever, headache, and sleepiness

What to Do:

- Child needs to be seen by a doctor
- Pain/fever management prescribed by a doctor
- Pregnant women exposed must be seen by a doctor

When Can Child Return to School?

- Child must be fever-free for 24 hours without the use of medication and a release is given by the doctor

EXPOSURE NOTICE

Your child has been exposed to:

CHICKEN POX

What You See:

- Itchy, blistery rash with mild fever
- Blisters can appear in clumps usually on the stomach, chest and back
- After several days, blisters scab over

What to Do:

- Call your child's doctor. The doctor can give advice on treatment and care for your child
- Calamine lotion or baking soda in cool water baths can help reduce itching

When Can Child Return to School?

- Child should stay home until all the scabs disappear, usually 5-6 days

EXPOSURE NOTICE

Your child has been exposed to:

Scabies

What You See:

- Small red bumps on the skin; usually seen between the fingers, toes and armpits
- Severe itching, worse at night

What to Do:

- Child needs to be seen by a doctor

When Can Child Return to School?

- Child can return 24 hours after the first treatment and a release is given by a doctor

EXPOSURE NOTICE

Your child has been exposed to:

Hand-Foot-Mouth Disease

What you will see:

- Fever, small round blisters in the mouth, on the tongue, or inside the cheeks
- Small blisters on the palms of hands, soles of feet, and between fingers and toes
- Child may drool from mouth sores

What to do:

- Take child to the doctor to confirm diagnosis
- Ask doctor about using over the counter pain or fever medications
- Child and those caring for him/her should wash their hands regularly

When Can Child Return to School?

- A release must be given by a doctor
- When blisters scab over/heal (can take up to 6 days); drooling stops
- Child must be fever-free for 24 hours without medication

EXPOSURE NOTICE

Your child has been exposed to:

Strep Throat

What you will see:

- Scratchy, sore throat
- Difficulty swallowing
- Fever
- Enlarged glands in neck

What to do:

- Child needs to be seen by a doctor
- Take **all** prescribed medicines as scheduled and for as many days as the doctor directed

When Can Child Return to School?

- A release must be given by a doctor
- Child can return 24 hours after the start of antibiotics and is fever-free

EXPOSURE NOTICE

Your child has been exposed to:

Crypto

What you will see:

- Frequent and watery stools
- Cramping, belly pain
- Headache, nausea, vomiting, low-grade fever

What to do:

- Child needs to be seen by a doctor
- Follow medication schedule prescribed by the doctor
- Wash hands thoroughly after using the bathroom and before handling food
- Wash the hands of infant or child after diapering or using the bathroom

When Can Child Return to School?

- Must follow the discretion of the Public Health Department

Diarrhea

What you will see:

- Child's bowel movements are more frequent, loose, and watery than usual

What to do:

- Make sure the child gets plenty of rest and give a diet of clear liquids
- Breastfeeding can continue
- If symptoms continue, fever occurs, or if blood appears in stool, call your doctor
- Child and those caring for him/her should wash their hands regularly

When Can Child Return to School?

- Child can return when child has no more than 2 loose stools in 24 hours **without** using medication

Fever

What you will see:

- Increase in body temperature, above normal
- **Temperature of 100 degrees or above**

What to do:

- Call your doctor if your child is uncomfortable or has a change in behavior
- If a child is under 8 weeks of age and has an armpit temperature of 100 degrees, call your doctor

When Can Child Return to School?

- Child must be fever-free for 24 hours without the use of medication

EXPOSURE NOTICE

Your child has been exposed to:

Giardia

What you will see:

- Frequent and watery stools
- Cramping, belly pain
- Bloating, fatigue

What to do:

- Child needs to be seen by a doctor
- Follow medication schedule prescribed by the doctor
- Wash hands thoroughly after using the bathroom and before handling food
- Wash the hands of infant or child after diapering or using the bathroom

When Can Child Return to School?

- Must follow the discretion of the Public Health Department

EXPOSURE NOTICE

Your child has been exposed to:

Hepatitis

What you will see:

- Stomach pain
- Fever
- Skin and whites of eyes may appear yellow

What to do:

- Child needs to be seen by a doctor immediately

When Can Child Return to School?

- A release must be given by a doctor; typically one week after the start of symptoms

EXPOSURE NOTICE

Your child has been exposed to:

Head Lice

What you will see:

- Lice (bugs) and eggs (nits) in hair near scalp
Especially on top of head, behind ears, & back of neck
- Itchy scalp

What to do:

- Ask for a copy of a **14-Day Head Lice Treatment** handout to help you with directions on what to do

-Use lice pesticide shampoo (preferable treatment method) on **Day 1** of treatment schedule. On **Days 2-7**: Wash with regular shampoo and cream rinse daily, combing hair with a fine toothed comb while cream rinse is still in the hair. On **Day 8**: Wash with pesticide shampoo again. **Day 9-14**: Wash with regular shampoo and cream rinse daily, combing hair with a fine toothed comb while cream rinse is still in the hair.

When Can Child Return to School?

- Treatment must be given; child's hair is checked the next day (outside the classroom)
- The child cannot be at school with live lice

EXPOSURE NOTICE

Your child has been exposed to:

Ringworm

What you will see:

- Ring shaped, scaly spot on skin or head
- May have a lighter spot on skin or flaky patch of baldness on head
- Raised donut-shaped appearance

What to do:

- Child needs to be seen by a doctor
- Cover the area to prevent spreading of fungus.
 - Ringworm spreads by direct skin to skin contact
- Do not let your child share personal items (combs, brushes, clothing, towels, bedding)
- Dry skin thoroughly after washing & wash bathroom surfaces & toys daily

When Can Child Return to School?

- Child does not need to miss child care. Child should not go to swimming pools or play contact sports.
- Treatment may take 4 weeks

EXPOSURE NOTICE

Your child has been exposed to:

Pinworm

What you will see:

- Anal itching
- Irritability, sleeplessness, and anal irritation due to scratching
- Worms present in child's stool

What to do?

- Child must be seen by doctor; doctor will discuss if medication is needed
- Change child's bed linen and underwear daily
- Cut child's fingernails short and discourage scratching
- Clean and vacuum floors of bedrooms and bathrooms
- Frequent hand washing

When can your child go back to Head Start?

- Doctor must confirm diagnoses and provide a release
- Child can return after treatment and is no longer itching or irritable

EXPOSURE NOTICE

Your child has been exposed to:

Meningitis

What you will see in a child over 2 years of age:

- Fever
- Headache & stiff neck
- Newborns/small infants appear slow or inactive
- Irritable
- Vomiting
- Decreased Appetite

What to do:

- Child needs to be seen by a doctor immediately

When can your child go back to child care?

- A release is given by a doctor

EXPOSURE NOTICE

Your child has been exposed to:

RSV-Respiratory Syncytial Virus

What you will see:

- Symptoms of RSV disease can worsen rapidly in some children and may include:
 - Rapid breathing
 - Difficulty breathing
 - Gasping for breath
 - Wheezing
 - Coughing

What to do:

- Take child or infant to doctor
- Hand washing
- Avoid contact with an infant or child if you have a cold or fever
- No smoking near infant or child (Tobacco smoke increases the severity of RSV infections)
- RSV is spread very easily
 - Touching, kissing, and shaking hands with an infected person can spread RSV
 - RSV is also spread through the air by sneezing or coughing
 - RSV can spread very rapidly in crowded areas

When can your child go back to child care?

- When child's doctor states child may return to child care

EXPOSURE NOTICE

Your child has been exposed to:

Pneumonia

What you will see:

- Fever
- Chills
- Cough
- May have problems breathing

What to do:

- Child needs to be seen by a doctor

When can your child go back to child care?

- A release must be given by a doctor

EXPOSURE NOTICE

Your child has been exposed to:

Common Cold

What you will see (signs & symptoms):

- Sore throat
- Runny nose
- Watery eyes
- Sneezing
- Chills
- Sleepy or tired feeling

What to do:

- Child needs plenty of rest
- Ask doctor about using over the counter pain or fever medications
- Child and those caring for him/her should wash their hands regularly

When can your child go back to Head Start?

- Child can be at Head Start **as long as** he/she can participate easily and is **not producing** green or yellow mucus (snot).

EXPOSURE NOTICE

Your child has been exposed to:

Pink Eye

What you will see (signs & symptoms):

- Eyes water
- Whites of eyes are red or pink
- Eyes may be itchy or painful
- There may be creamy or yellow discharge from eyes
- Eyelids may be matted after sleep

What to do:

- Child must be seen by the doctor
- Hand Washing
- Clean objects at home that are commonly touched; toys, doorknobs, telephones, cuddle blankets, etc.

When can your child go back to child care?

- Child must be seen by doctor to confirm viral or bacterial infection
- A release is given by the doctor

EXPOSURE NOTICE

Your child has been exposed to:

Shigellosis

What you will see:

- Severe diarrhea
- Fever, abdominal pain

What to do?

- Call your doctor. Some children may require an antibiotic
- Replace fluids lost from diarrhea with water and Pedialyte

When can your child go back to Head Start?

- A release must be given by a doctor
- After antibiotic cycle is completed
- After 2 negative stool cultures
- No more than 2 loose stools in 24 hours

EXPOSURE NOTICE

Your child has been exposed to:

Croup

What you will see:

- Loud, barking cough
- Cold symptoms, runny nose, fever

What to do?

- Frequent Hand washing
- Child needs plenty of rest
- Call doctor if child shows symptoms of dehydration: low urine output, few or no tears, sunken eyes, extreme tiredness

When can your child go back to Head Start?

- Child can be at Head Start as long as he/she can participate easily and is not producing green or yellow mucus (snot).

EXPOSURE NOTICE

Your child has been exposed to:

Flu- Influenza

What you will see (signs & symptoms):

- Fever
- Chills
- Sore throat
- Cough
- Headache
- Muscle aches
- Sleepiness

What to do:

- Child needs plenty of rest
- Ask doctor about using over the counter pain or fever medications
- Child and those caring for him/her should wash their hands regularly
- It is recommended that all children over 6 months get an influenza shot every year

When can your child go back to child care?

- Child must be fever free for 24 hours **without** the use of medication
- Child can go back to child care after the child feels well

EXPOSURE NOTICE

Your child has been exposed to:

Mononucleosis

What you will see (signs & symptoms):

- Fever
- Sore throat
- Swollen glands
- Sleepy or tired feeling

What to do?

- Child needs plenty of rest
- Ask doctor about using over the counter pain medications
- Keep child hydrated

When can you child go back to Head Start?

- Child does not need to be excluded unless fever is present

EXPOSURE NOTICE

Your child has been exposed to:

Pertussis –Whooping Cough

What you will see (signs & symptoms):

- Runny or stuffed up nose
- Sneezing
- Coughing-more frequently at night
- Gasping for breath

What to do?

- Child needs to be seen by doctor
- Hand washing

When Can Your Child Return to Head Start?

- A release must be given by doctor

