



POSSIBLE EXPOSURE TO INFECTIOUS DISEASE OR PARASITE

DATE:

Dear Parent:

Frequently, school aged children are exposed to contagious diseases contracted by other students. This is to inform you that your child **may** have been exposed on _____ to the disease checked below.

This form provides you with general information about the diseases, including signs and symptoms, so you can be alerted to the onset of these symptoms in your child. If you have questions, contact me or your personal physician.

NAME

SIGNATURE

TELEPHONE NUMBER

R.N.

INSTRUCTIONS

Please read the marked section below and follow the suggestion.

CHICKENPOX (Varicella) - Onset 2 to 3 weeks after exposure. Child is contagious for up to 7 days and should remain at home for 7 days after the rash appears or until all scabs dry, whichever is first. **SYMPTOMS:** slight fever and irritability for 1 day and fine blisters on the trunk and face.

STREP (including Scarlet Fever and Strep Throat) - Onset is 2 to 5 days after exposure. Child should remain home at least 24 hours after beginning antibiotic treatment and duration of fever. Consult your physician. **SYMPTOMS:** Sore throat, fever, and occasionally a rash.

GERMAN MEASLES (Rubella) - Onset is 2 to 3 weeks after exposure. **KEEP YOUR CHILD AWAY FROM WOMEN WHO ARE IN THE FIRST 3 MONTHS OF PREGNANCY.** Child should remain home for 7 days after the rash begins. **SYMPTOMS:** Slight head cold, swollen glands at the neck, and a changeable rash that goes away in 2 to 3 days.

MEASLES (Rubeola) - Onset 1 to 2 weeks after exposure. Child should remain at home for 4 days after the appearance of rash or until well. **SYMPTOMS:** Runny nose, watery eyes, fever (may be quite high), and a cough; a blotchy rash appears about the fourth day.

MUMPS - Onset 14 to 26 days after exposure. Child should remain home until all swelling has disappeared or 9 days after swelling appears. **SYMPTOMS:** Pain in the cheeks, which is increased by chewing; swelling over the jaw and in front of the ear.

FLU (Influenza) - Consult your physician. Onset usually 1-3 days after exposure. Child should remain home for duration of fever and until child is able to resume routine daily activities. **SYMPTOMS:** Abrupt onset of fever, headache, fatigue, chills, cough, sore throat, and aching muscles. Runny nose, vomiting, and diarrhea may occur but are rare.

PINWORMS - Consult your physician. **SYMPTOMS:** Itching of the anal area, especially at night, insomnia or nightmares, and loss of appetite.

CONJUNCTIVITIS (Pinkeye) - Onset is 24 to 62 hours after exposure. Very contagious if caused by infection. Consult your physician. Child should remain home until the day after treatment begins. **SYMPTOMS:** Irritated, tearing eyes, swollen lids, and yellow mucous discharge that makes the eyes "sticky".

IMPETIGO - Onset varies. Consult physician. Child should remain home until the day after treatment begins. **SYMPTOMS:** Golden crusty sores or pimple-like spots develop watery heads, break, and form crusted areas. May occur on hands, legs, feet, or buttocks. Spreads rapidly if untreated.

RINGWORM (body) - Onset varies. Child should remain at home until the day after treatment begins. Unless sore can remain covered at all times with clothing or dry bandage. **SYMPTOMS:** rounded reddish area with scaly or blister border, often itchy.

HEAD LICE - Onset within 2 weeks after exposure. Child should remain home until after treatment and all live lice and nits are removed from the hair. All family members should be carefully checked for live lice and nits. **SYMPTOMS:** Live lice or tiny, pearly white, egg-shaped objects that stick slightly to hair shafts at neckline and around ears. Itchy head.

SCABIES - Onset usually 2 to 6 weeks after exposure; may recur in people previously diagnosed with scabies in 1 to 4 days. Spread through skin to skin contact. Consult physician. Child should remain home until the day after adequate treatment is completed. **SYMPTOMS:** Intense itching. An infectious eruption found most frequently on front of the wrists, webs of the fingers, elbows, and folds of the skin. Rash is non-specific and easily misdiagnosed.

COVID-19 – Consult your physician if symptoms develop. Onset 2-14 days after exposure. **SYMPTOMS:** Fever, cough, shortness of breath, loss of taste or smell, sore throat, headache, nausea, vomiting or diarrhea. **If your child is considered a close contact to an individual that tested positive for COVID-19, you will be notified directly by the school.**

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