

# School and Child Care Exposure Notices

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**San Mateo County Health  
Communicable Disease Control Program**

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### SPECIAL NOTICES

Please contact the San Mateo County Communicable Disease Control Program at 650-573-2346 if a child has been diagnosed with any one of these illnesses or if any of these incidents occur in the school and we will provide further instructions for notifying families:

- Hepatitis A
- H. Influenzae Type B (Hib)
- Influenza
- Meningitidis, Neisseria
- Meningitis (Bacterial)
- Meningitis (Viral)
- Measles (Rubeola)
- Mumps
- Pertussis (Whooping Cough)
- Rubella (German Measles)
- Typhoid Fever/Paratyphoid Fever
- Outbreak

*[Insert School Letterhead]*

**Date**

## **AMEBIASIS EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**AMEBIASIS:** A disease caused by a parasite that causes gastrointestinal problems.

**What are the symptoms?** Diarrhea, stomach cramps, or stomach pain.

**How is it spread?** Amebiasis is spread by eating or drinking contaminated food or water or handling items or touching surfaces contaminated with the feces of an infected person.

**When do symptoms start?** Symptoms usually begin 2 to 4 weeks after exposure to the parasite, though they can sometimes take longer to start.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, **until** your child has been symptom free for 48 hours **and** child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at [enter phone number].*

*For additional information about this communicable disease, visit <http://www.cdph.ca.gov/HealthInfo/discond/Documents/Amebiasis.pdf> or <http://www.cdc.gov/parasites/amebiasis/faqs.html>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **CAMPYLOBACTER EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**CAMPYLOBACTER:** A bacteria that causes gastrointestinal problems, mainly diarrhea.

**What are the symptoms?** Diarrhea (that may be bloody), cramping, abdominal pain, fever, nausea, and vomiting.

**How is it spread?** Campylobacter is spread by eating or drinking contaminated food or water or handling items or touching surfaces contaminated with the feces of an infected person.

**When do symptoms start?** Symptoms usually begin 2-5 days after exposure to the bacteria, though they can sometimes take longer to start.

**Should I keep my child at home and away from group settings(i.e. preschool, childcare)?** Yes, until your child has been symptom free for 48 hours and child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this communicable disease, visit*

<http://www.cdph.ca.gov/HealthInfo/discond/Documents/Campylobacter.pdf> or  
<http://www.cdc.gov/nczved/divisions/dfbmd/diseases/campylobacter>.

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **CHICKENPOX EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**CHICKENPOX (VARICELLA DISEASE):** A viral disease caused by the varicella-zoster virus.

**What are the symptoms?** Blister-like rash, itching, tiredness, and fever. The rash appears first on the torso and face and can spread over the entire body.

**How is it spread?** Chickenpox is easily spread from person to person, either by direct contact or by breathing in the virus particles from coughs or sneezes of an infectious person. The chickenpox vaccine is the best protection against chickenpox. This disease can be prevented through a proper course of vaccinations. A pregnant household member who may have been exposed to this disease needs to consult with a medical provider.

**When do symptoms start?** Symptoms usually begin 10 to 21 days after exposure to the virus.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until all lesions/blisters are dry and crusted (usually about 5 days) **and** child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this or any communicable disease, visit [www.cdph.ca.gov](http://www.cdph.ca.gov) or <http://www.cdc.gov/vaccines/vpd-vac/varicella/default-basic.htm>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## CONJUNCTIVITIS EXPOSURE NOTICE

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible*

**CONJUNCTIVITIS (PINK EYE):** A viral or bacterial infection of the eye.

**What are the symptoms?** Pink or red color in the white of the eye(s), swollen, watery, itchy eye(s), yellow or green discharge from eye(s), itching, irritation, and or/burning.

**How is it spread?** Conjunctivitis is spread by touching eyes with hands contaminated by discharge from an infected person's eye or nose.

**When do symptoms start?** Symptoms usually begin 24 to 72 hours after exposure to the virus or bacteria.

**Should I keep my child at home and away from group settings (i.e., preschool, childcare)?** No. However, if the child does not feel well enough to participate or the staff cannot take care of the child without risking the health of other children, they will need to stay home.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this disease, visit <http://www.cdc.gov/conjunctivitis/index.html>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **GASTROENTERITIS EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**DIARRHEA/VOMITING (GASTROENTERITIS):** An infection caused by a variety of viruses that result in diarrhea or vomiting. It is often called the “stomach flu,” although it is **not** caused by influenza (flu) viruses.

**What are the symptoms?** Diarrhea and vomiting.

**How is it spread?** Eating or drinking contaminated food or water or handling items or touching surfaces contaminated with the feces of an infected person.

**When do symptoms start?** Symptoms usually begin 1-2 days following infection with a virus that causes gastroenteritis, and they may last for 1-10 days depending on which virus caused the illness.

**Should I keep my child at home and away from group settings (i.e., preschool, childcare)?** No, unless:

- Stool cannot be contained in the diaper or toilet (when toilet trained), or
- Vomiting has occurred 2 or more times in 24 hours, or
- Your child is vomiting and has a fever.

Children who are kept home may return once vomiting ended during the night and your child is able to hold down food or liquids in the morning.

***In an outbreak situation or in the case of a reportable illness,*** more stringent exclusion criteria may be necessary.

*Any questions concerning this exposure can be directed to your child’s preschool/school office at [enter phone number].*

*For additional information about this or any communicable disease, visit [www.cdph.ca.gov](http://www.cdph.ca.gov) or [www.cdc.gov](http://www.cdc.gov).*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **ESCHERICHIA COLI 0157 EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**E. COLI 0157:** Bacteria found in the environment, foods, and intestines of people and animals that cause gastrointestinal illness.

**What are the symptoms?** Diarrhea (often bloody), severe stomach cramps, vomiting, and in some cases, fever.

**How is it spread?** E. coli can be spread by eating or drinking contaminated food or water or handling items or touching surfaces contaminated with the feces of a person or animal that has this illness.

**When do symptoms start?** Symptoms usually begin 3-4 days after exposure, but can range from 2 to 8 days.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, **until** cleared by San Mateo County Communicable Disease Control Program **and** child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this communicable disease, visit*

*<http://www.cdph.ca.gov/HealthInfo/discond/Documents/Escherichia%20coli%200157%20H7%20%20%20E%20c%20oli%200157%20H7.pdf> or <http://www.cdc.gov/ecoli/general/index.html>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**



*[Insert School Letterhead]*

**Date**

## **FIFTH DISEASE EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**FIFTH DISEASE:** A mild rash illness caused by Parvovirus B19. This disease is also called *erythema infectiosum* and is more common in children than adults.

**What are the symptoms?** Fever, runny nose, headache followed by a rash on the face and body after a few days, and sometimes, painful or swollen joints (this is more common in adults). The rash can vary in intensity and may come and go for several weeks. **A pregnant household member who may have been exposed to this disease needs to consult with a provider.**

**How is it spread?** The virus spreads through saliva or mucus when an infected person coughs or sneezes.

**When do symptoms start?** Symptoms usually begin 4 to 14 days after getting infected, sometimes up to 20 days.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until cleared by provider **and** child meets childcare/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this communicable disease, visit <http://www.cdc.gov/parvovirusb19/fifth-disease.html>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of communicable diseases.**

[Insert School Letterhead]

Date

## GIARDIASIS EXPOSURE NOTICE

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**GIARDIASIS:** A diarrheal disease caused by the microscopic parasite *Giardia*.

**What are the symptoms?** Greasy, foul smelling diarrhea, gas, stomach pain, upset stomach or nausea, dehydration.

**How is it spread?** Giardiasis is spread by eating or drinking contaminated food or water or handling items or touching surfaces contaminated with the feces of a person or animal that has this illness.

**When do symptoms start?** Symptoms usually begin 1 to 3 weeks after becoming infected.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until your child has been symptom free for 48 hours **and** child meets childcare/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/childcare office at [enter phone number].*

*For additional information about this communicable disease, visit <http://www.cdph.ca.gov/HealthInfo/discond/Documents/Giardiasis.pdf> or [http://www.cdc.gov/parasites/giardia/gen\\_info/faqs.html](http://www.cdc.gov/parasites/giardia/gen_info/faqs.html).*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **HAND-FOOT-AND-MOUTH DISEASE EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**HAND-FOOT- AND- MOUTH DISEASE:** A common viral illness that usually affects infants and children younger than 5 years old (though it can sometimes occur in adults).

**What are the symptoms?** Fever, blister-like sores in the mouth (herpangina), and skin rash. The rash has flat or raised red spots, sometimes with blisters. It usually occurs on the palms of the hands and soles of the feet; it may also appear on the knees, elbows, buttocks or genital area.

**How is it spread?** The disease is spread through direct contact with saliva, mucus, or snot of infected people, or through indirect contact through contaminated objects and surfaces.

**When do symptoms start?** Symptoms usually begin 3 to 6 days after being exposed to the virus.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** YES, until no fever and child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this or any communicable disease, visit*

*<http://www.cdph.ca.gov/HealthInfo/discond/Documents/HFMD.pdf> or <http://www.cdc.gov/hand-foot-mouth/>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

## HERPES SIMPLEX VIRUS EXPOSURE NOTICE

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**HERPES SIMPLEX VIRUS (HSV):** A virus that can cause a variety of infections in different age groups. Virus is usually shed by people with no signs or symptoms (often by adults). **Herpes Simplex Virus -1 (HSV-1) is the type of HSV that also causes cold sores on the mouth** and the most common cause of corneal infections.

**What are the symptoms?** In early childhood, herpes simplex virus most commonly causes blister-like sores in the mouth, around the lips and on tissues that are in contact with the mouth, such as a sucked thumb or finger.

**How is it spread?** The disease is spread through direct contact with saliva of infected people like kissing, or through indirect contact through contaminated objects and surfaces (e.g. mouthed toys, shared eating utensils, drinks, towels).

**When do symptoms start?** Symptoms usually begin 2 to 14 days after being exposed to the virus.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** YES, until no fever and child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at [enter phone number].*

*For additional information about this communicable disease, visit: <http://www.cdc.gov/contactlenses/viral-keratitis.html> or <https://www.aad.org/dermatology-a-to-z/diseases-and-treatments/e---h/herpes-simplex/who-gets-causes>*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **IMPETIGO EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**IMPETIGO:** A common skin infection caused by streptococcal and staphylococcal bacteria.

**What are the symptoms?** Itching, draining or crusting sores, often on the face, but can be anywhere on the body.

**How is it spread?** Impetigo is spread through direct contact with mucus from the nose or throat of people who are infected, through contact with infected wounds or sores on the skin, or from contaminated surfaces.

**When do symptoms start?** Symptoms usually begin 4 to 10 days after being exposed to the bacteria.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until 24-48 hours of treatment have passed **or** until sores are no longer present **and** child meets preschool/school's readmission criteria. *Any questions concerning this exposure can be directed to your child's preschool/school office at [enter phone number].*

*For additional information about this communicable disease, visit [www.cdc.gov](http://www.cdc.gov).*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **LICE EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill or affected. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**LICE:** Tan colored parasitic insects that feed on blood from the scalp and can be found on the head, eyebrows, and eyelashes.

**What are the symptoms?** Itching of the scalp and/or neck.

**How is it spread?** Lice are most commonly spread by close person-to-person contact. However, much less frequently, they are spread by sharing clothing or belongings onto which lice have crawled or nits attached to shed hairs may have fallen.

**When do symptoms start?** Symptoms usually begin 1 to 5 days after being exposed to lice.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until treatment is completed and child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this or any communicable disease, visit <http://www.cdph.ca.gov/HealthInfo/discond/Documents/2012HeadLiceEng.pdf>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **MRSA EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS (MRSA):** A type of staphylococcal bacteria that is resistant to several antibiotics and can cause skin and other infections.

**What are the symptoms?** A bump or infected area on the skin that might be red, swollen, painful, warm to the touch, full of pus or other drainage, possible fever.

**How is it spread?** MRSA is spread through direct contact with an infected wound or by sharing personal items such as towels that have touched infected skin. Infection risk can increase when your child is involved in certain activities that involve crowding, skin-to-skin contact, and shared equipment or supplies, such as in daycares, schools, and team sports.

**When do symptoms start?** The period between being infected and developing symptoms varies, but symptoms usually begin 1 to 10 days after being exposed.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, **until** the lesion is *not* draining and covered, **and** child is meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this communicable disease, visit*

<http://www.cdph.ca.gov/HealthInfo/discond/Documents/MRSAParentsGuide.pdf> or

<http://www.cdc.gov/mrsa/community/>.

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **MONONUCLEOSIS EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**MONONUCLEOSIS:** A contagious disease most commonly caused by the Epstein-Barr virus (EBV) but can be caused by other viruses as well.

**What are the symptoms?** Symptoms may develop slowly and may not all occur at the same time. Symptoms include extreme fatigue, fever, sore throat, head and body aches, swollen lymph nodes in the neck and armpits, swollen liver and/or spleen, and rash.

**How is it spread?** Typically, these viruses spread through bodily fluids, especially saliva; the disease can be spread through kissing, sharing drinks and food, food utensils, having contact with toys that children have drooled on, or any activity that brings a person in contact with contaminated saliva.

**When do symptoms start?** Symptoms usually appear 4 to 6 weeks after a person is infected.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until fully recovered **and** child meets preschool/school's readmission criteria. Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.

*For additional information about this communicable disease, visit <http://www.cdc.gov/epstein-barr/about-mono.html>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**



*[Insert School Letterhead]*

**Date**

## **PINWORM EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**PINWORM:** Small, thin, white roundworm that sometimes lives in the colon and rectum of humans, causing infections.

**What are the symptoms?** Itching around the anus, which can lead to difficulty sleeping and restlessness.

**How is it spread?** Pinworm infection is spread by the fecal-oral route, meaning the transfer of pinworm eggs from the anus to someone's mouth, either directly (by hand) or indirectly, through contaminated clothing, bedding, food or other objects such as toys.

**When do symptoms start?** The period between infection and developing symptoms varies, but symptoms usually begin 1 to 2 months after pinworms enter the body.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until treatment is completed **and** child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at [enter phone number].*

*For additional information about this communicable disease, visit [http://www.cdc.gov/parasites/pinworm/gen\\_info/faqs.html](http://www.cdc.gov/parasites/pinworm/gen_info/faqs.html).*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **Respiratory Syncytial Virus EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**RESPIRATORY SYNCYTIAL VIRUS INFECTION (RSV):** A common virus that usually causes mild, cold-like symptoms. However, RSV can cause serious infections, especially in infants and older adults. RSV is the most common cause of bronchitis (inflammation of the small airways in the lung) and pneumonia in children under 1 year of age in the United States.

**What are the symptoms?** Initial symptoms include reduced appetite and runny nose. Coughing, sneezing, and fever typically develop 1 to 3 days later. Wheezing may also occur.

**How is it spread?** The virus can be spread through direct contact with saliva, mucus, or snot of infected people, or through indirect contact through surfaces that have been contaminated with the virus from an infected person.

**When do symptoms start?** Symptoms usually begin 2 to 8 days after being exposed to the virus.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** YES, until cleared by medical provider **and** child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at [\[enter phone number\]](#).*

*For additional information about this communicable disease, visit <http://www.cdc.gov/rsv/about/faq.html>*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **RINGWORM EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**RINGWORM:** A skin and scalp disease caused by several different kinds of fungi.

**What are the symptoms?** Redness, scaling, cracking of the skin, or a ring-shaped rash on almost any area of the body, such as the scalp, limbs, torso, groin, and nails.

**How is it spread?** Ringworm is spread through direct skin-to-skin contact with an infected person or animal, or indirect contact with contaminated items such as clothing, bedding, and towels.

**When do symptoms start?** Symptoms usually begin 4 to 10 days after being exposed.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?**

For individuals with *ringworm on the skin*, yes **until** treatment is started, lesions are covered **and** child meets preschool/school's readmission criteria.

For individuals with *ringworm on the scalp*, exclude until oral treatment is started, lesions are covered and child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at [enter phone number].*

*For additional information about this communicable disease, visit <http://www.cdc.gov/fungal/diseases/ringworm/>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **ROSEOLA INFANTUM EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**ROSEOLA INFANTUM:** A viral infection that commonly affects infants and young children, causing a pinkish-red rash and high fever.

**What are the symptoms?** High fever, rash that usually starts in the middle of the body and spreads to the limbs and face, sore throat, runny nose, eye redness.

**How is it spread?** Roseola Infantum is spread through direct contact with saliva, mucus, or snot of infected people.

**When do symptoms start?** Symptoms usually begin 9 to 10 days after being exposed to the virus.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, **until** your child does not have any symptoms **and** child meets preschool/childcare readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this communicable disease, visit*

<http://www.healthychildren.org/English/health-issues/conditions/skin/Pages/Roseola-Infantum.aspx>.

**Remember, washing your hands before preparing or eating food and after using the toilet or changing diapers prevents spread of disease.**

*[Insert School Letterhead]*

**Date**

## **SALMONELLA EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**SALMONELLA:** Bacteria that cause gastrointestinal illness.

**What are the symptoms?** Diarrhea, fever, abdominal cramps, nausea and/or vomiting.

**How is it spread?** The bacteria are usually transmitted to humans by eating foods contaminated with Salmonella. This may include a wide range of food products, including produce, raw milk or dairy products, undercooked meat, and even some contaminated prepared foods. The bacteria can also be transmitted from handling items or touching surfaces contaminated with the feces of an infected person, or from contaminated food preparation surfaces.

**When do symptoms start?** Symptoms usually begin 12 to 72 hours after being infected.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** YES, until cleared by San Mateo County Public Health Department and child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at [enter phone number].*

*For additional information about this communicable disease, visit*

<http://www.cdc.gov/nczved/divisions/dfbmd/diseases/salmonellosis/#what> or

<http://www.fda.gov/animalveterinary/resourcesforyou/animalhealthliteracy/ucm136197.htm> or

<http://www.foodsafety.gov/poisoning/causes/bacteriaviruses/salmonella/index.html>.

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **SCABIES EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**SCABIES:** An infestation of the skin by the human itch mite.

**What are the symptoms?** Intense itching and a pimple-like skin rash.

**How is it spread?** Scabies is spread by direct, prolonged, skin-to-skin contact with an infected person. It can sometimes spread indirectly by sharing articles such as clothing, towels, or bedding used by an infected person.

**When do symptoms start?** Symptoms may take as long as 4 to 6 weeks to develop if a person has never had scabies before. In a person who has had scabies before, symptoms usually appear 1 to 4 days after being exposed.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until treatment is completed (usually overnight) **and** child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this communicable disease, visit*

[http://www.cdc.gov/parasites/scabies/gen\\_info/faqs.html](http://www.cdc.gov/parasites/scabies/gen_info/faqs.html) or

<http://www.cdph.ca.gov/HealthInfo/discond/Documents/Scabiesfactsheet2008.pdf>.

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **SCARLET FEVER EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**SCARLET FEVER:** An infection caused by Group A *Streptococcus* bacteria. While anyone can get scarlet fever, it usually affects children between 5 and 12 years old.

**What are the symptoms?** Rash that feels rough like sandpaper, bright red skin in underarm, elbow, and groin creases, fever, very red and sore throat, possible chills, vomiting and abdominal pain. Tongue may have a whitish coating and appear swollen with a red and bumpy surface.

**How is it spread?** Scarlet fever is spread through direct contact with saliva, mucus, or snot of infected people, or through indirect contact through contaminated items such as eating or drinking utensils.

**When do symptoms start?** Symptoms usually begin 2 to 5 days after being exposed to the bacteria.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, until 24 hours after starting treatment **and** child meets preschool/ school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/childcare office at [enter phone number].*

*For additional information about this communicable disease visit <http://www.cdc.gov/Features/ScarletFever/>*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## SHIGELLA EXPOSURE NOTICE

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**SHIGELLA:** Bacteria that causes shigellosis, an infectious disease characterized by diarrhea, fever and stomach cramps.

**What are the symptoms?** Diarrhea (often bloody), fever, stomach cramps.

**How is it spread?** Shigella is spread by eating or drinking contaminated food or water or handling items or touching surfaces contaminated with the feces of an infected person.

**When do symptoms start?** Symptoms usually begin 1-2 days after being exposed to the bacteria.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** YES, until cleared by San Mateo County Public Health Department **and** child meets preschool/ school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/childcare office at [enter phone number].*

*For additional information about this communicable disease, visit <http://www.cdc.gov/shigella/>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**



*[Insert School Letterhead]*

**Date**

## **SHINGLES EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**SHINGLES:** A viral disease caused by the varicella zoster virus, the same virus that causes chickenpox. Children and adults can get shingles. This disease is most common in older adults.

**What are the symptoms?** A painful rash on one side of the face or body that is preceded by pain, itching, or tingling. The rash forms blisters that typically scab over in 7-10 days and clear up within 2-4 weeks. Most commonly, the rash occurs in a single stripe around either the left or right side of the body.

**How is it spread?** Shingles cannot be passed from one person to another. However, the virus that causes shingles (varicella zoster virus) can be spread from a person with active shingles to a person who has never had chickenpox. In such cases, the person exposed to the virus might develop chickenpox, but would not develop shingles. The virus is spread through direct contact only from fluid from the rash blisters; a person is not infectious before blisters appear.

**When do symptoms start?** After a person recovers from chickenpox, the virus stays in the body in an inactive state. For reasons that are not fully known, the virus can reactivate years later, causing shingles.

**Should those infected (children and adults) stay home and away from group settings (i.e. preschool, childcare)?** Yes, **until** blisters are dry and crusted, or covered with bandages, **and** child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this communicable disease, visit <http://www.cdc.gov/shingles/about/transmission.html>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**

*[Insert School Letterhead]*

**Date**

## **STREP THROAT EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**STREP THROAT:** An infection of the throat and tonsils caused by Group A *Streptococcus* bacteria.

**What are the symptoms?** Sore throat, usually starting quickly, severe pain when swallowing, a fever (101° F and above), red and swollen tonsils, sometimes with white patches or streaks of pus, tiny red spots on the back of the roof of the mouth, headache, nausea and/or vomiting, swollen lymph nodes in the neck, body aches, rash.

**How is it spread?** Strep throat is spread through direct contact with saliva, mucus, or snot of infected people, or through indirect contact with contaminated items such as eating or drinking utensils.

**When do symptoms start?** Symptoms usually begin 2 to 5 days after being exposed to the bacteria.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, **until** 24 hours after appropriate antibiotic treatment **and** child meets preschool/ school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at **[enter phone number]**.*

*For additional information about this or communicable disease, visit <http://www.cdc.gov/features/strepthroat/>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**