

COMMUNICABLE DISEASE (cont.)

Fifth Disease - This is a common disease of school children characterized by a red rash on the cheeks followed by a lacy rash on the arms and legs. The disease is caused by parvovirus B19. It is spread by direct contact with infected mucus from the nose or mouth or by inhaling droplets coughed or sneezed into the air. Illness starts from 4 to 18 days after exposure. Fifth disease rash sometimes begins with no illness at all but usually starts with 3 or 4 days of low-grade fever and symptoms of mild cold. This is followed in 7 to 10 days by the appearance of a bright red, raised rash, which covers the cheeks, making them look as if they had been slapped. The area around the mouth is usually not involved. After another 1 to 3 days, a pink, blotchy and often itchy rash appears on the upper part of the arms and legs, spreading to the trunk and buttocks. As it fades, the rash develops a "lace-like" or "net-like" appearance which can last for 5 to 10 days. Once cleared, it may reappear for several weeks or months if the skin becomes flushed from exercise, sunlight or a warm bath. There are no complications from infection in a normal child. The disease remains contagious from 2 weeks to days *before* appearance of the rash. Children are no longer contagious and do not need to be excluded from school once the rash occurs. Pregnant women in contact with an infected child between 3 days and 2 weeks before the rash should speak with their doctor.

Head Lice (Pediculus Humanis Capitis)

It is important to notify the school nurse if head lice or their eggs (nits) are discovered so that the homeroom and other contacts can be checked, otherwise children will keep re-infecting each other. A student will be sent home if lice or nits are found. The students will be readmitted after proper treatment and being cleared by the school nurse. Please call the school nurse for further information.

Strep Infections - This bacteria spreads on oral secretions which enter the air in droplet form and invade the nose or throat. Initial symptoms, a fever and sore throat, usually begin 2-4 days after contact. Difficulty swallowing, loss of appetite, headache, stomachache, nausea, vomiting and drowsiness may also occur. The throat is often bright red, tonsils are enlarged and white patches may appear on the throat or tonsils. The lymph nodes on the neck are often swollen and tender. **Infected children must be kept out of school a**

minimum of 24 hours after starting antibiotic therapy. Changing toothbrushes after infections with strep may help to prevent re-infection.

MEDICATIONS IN SCHOOL

It is recognized that some children with chronic illnesses and specific disabilities often require medication during the school day. Parents are asked to follow the following requirements specified by Board Policy when sending medications prescribed for a child during the school day:

1. A written and signed order from a legal prescriber (physician, or nurse practitioner) must accompany all medications, including prescriptions and over-the-counter medications.
2. The order needs to include the student's name, diagnosis, name of the medicine, dosage and time of administration, duration of administration, any potential side effects and effects of other medications the student receives which may alter or impact the effects of the ordered medications.
3. If the medication is used "as needed", the order should clearly describe the conditions under which the drug is used.
4. Written permission to administer the medication from the parent/guardian.
5. The medication needs to be brought in the original labeled container and given to the school nurse.

MEDICATIONS ON A FIELD TRIP

Teachers, by law, cannot be responsible for giving medication in the classroom or on field trips. If a child is on daily medication every effort should be made for a parent to accompany the child and give the medication.

SELF ADMINISTRATION OF EMERGENCY MEDICATIONS

Those students with illnesses which may be life-threatening, such as asthma or allergies that require the administration of an Epi-Pen, will be able to carry and self-administer their prescribed medications after required forms have been completed by the students' parents and private physicians. Please contact the nurse for the necessary forms.