



# INFECTIOUS DISEASE FLIP CHART



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

# Infectious Disease Flip Chart

Amebiasis (parasite)

Campylobacter

Chickenpox (Varicella)

Chlamydia trachomatis

Cytomegalovirus (CMV)

Conjunctivitis (Pink Eye)

Cryptosporidiosis (Crypto)

Fifth Disease

Genital warts

Giardiasis (parasite)

Gonorrhea

*Haemophilus influenzae* Invasive Disease

Head Lice (Pediculosis)

Hepatitis A

Hepatitis B

Herpes Simplex

Hand, Foot, and Mouth Disease

Human Immunodeficiency Virus (HIV)

Impetigo

Influenza

Measles

Meningitis (viral)

Meningococcal Invasive Disease

Mononucleosis (infectious)

Methicillin Resistant *Staphylococcus aureus* (MRSA)

Mumps

Norovirus

Pertussis

Pinworms (Enterobiasis)

Rabies Exposure

Ringworm

Roseola infantum

Respiratory Syncytial Virus (RSV)

Rubella

Salmonella

Scabies

Shigella

Streptococcal Sore Throat and Scarlet Fever

Staphylococcal Food Poisoning (toxin)

Shiga toxin-producing E.coli (STEC)

Syphilis

Tuberculosis (primary)

Thrush/Yeast Diaper Rash

Valley Fever (*Coccidioidomycosis*)

## **Preventing Infections**

Bagging

Bleach and Water Solutions

Cleaning

Sanitizing

Disinfecting

Cleaning/Sanitizing/Disinfecting

Diapering

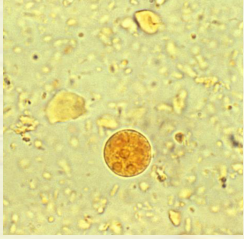
Gloves

Hand Washing

Laundry

Pets & Animals





# Amebiasis (parasite)

*Report outbreaks of diarrhea, nausea, or vomiting **within 24 hours** to local public health*

Amebiasis is a disease caused by a parasite.

Symptoms can include:

- Diarrhea (possibly bloody)
- Abdominal pain
- Weight loss
- Fever/Chills

Incubation Period	2-4 months to years
Contagious Period	Commonly 2 to 4 weeks, but can be as short as a few days and as long as a few years.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude case from working as a food handler, caring for children in or attending a child care establishment until treatment with an amebicide is initiated AND 2 successive stool specimens collected at least 24 hours apart are negative.

### Contacts:

None

Please see [Arizona Administrative Code R9-6-305](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Resources

- [CDC - Amebiasis](#)
- [ADHS - Amebiasis Fact Sheet](#)

## Transmission

Transmission occurs by swallowing parasite via food, water, or mouthed items or indirectly from contaminated hands.

## Prevention

Careful [hand-washing](#) and hygienic [diapering practices](#) are important prevention steps.



# Campylobacter

Report a case or suspect case **within 5 days** to local public health

## Additional Information:

Campylobacter can be transmitted from animals (farm animals, dogs, cats, or hamsters), especially young animals. Remind children to wash their hands after contact with animals.

Campylobacteriosis is a bacterial infection that causes gastrointestinal disease.

Symptoms can include:

- Diarrhea (sometimes bloody)
- Abdominal pain
- Fever
- Vomiting

Incubation Period	2–5 days
Contagious Period	Up to 3 weeks following resolution of symptoms.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude case from working as a food handler, caring for children in or attending a child care establishment until diarrhea has resolved or a negative stool culture is obtained.

### Contacts:

None

Please see [Arizona Administrative Code R9-6-311](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs through stool-to-mouth (fecal-oral), person-to-person, animal-to-person, and through contaminated food or water.

## Prevention

Practice good [hand-washing](#), [diapering practices](#), and management of soiled diapers.

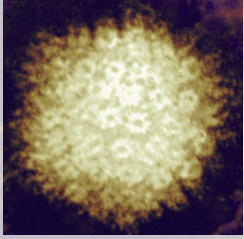
Cook poultry to 165 degrees Fahrenheit.

[Back to the top](#)

Image by CDC

## Resources

- [CDC Campylobacter](#)
- [ADHS Campylobacter](#)
- [ADHS Campylobacter Fact Sheet](#)
- [ADHS Campylobacter Fact Sheet \(Spanish\)](#)



# Chickenpox (Varicella)

*Report cases or suspect cases **within 5 days** to local public health*

## Additional Information:

It is possible, although rare, for people to get chickenpox a second time. These second infections or breakthrough infections are usually milder than the primary infection. Vaccinated individuals can also get chickenpox disease although the disease is also less severe.

Identify children who are susceptible to chickenpox (varicella) by reviewing their immunization histories.

## Resources

- [CDC Varicella \(Chickenpox\)](#)
- [ADHS Varicella Fact Sheet](#)

Chickenpox (Varicella) is a rash illness that is caused by the varicella-zoster virus.

The rash can appear all over the body and develops into itchy, fluid-filled blisters that usually scab over within a week. A fever or not feeling well can precede the rash by 1-2 days.

Incubation Period	10-21 days
Contagious Period	2 days before rash appears until all lesions have dried and crusted.

## Recommended Actions

Isolate the individual and exclude from school or work.

Refer high-risk individuals including immunocompromised persons and pregnant women without evidence of immunity to varicella to their health care provider as soon as possible after exposure.

### Cases:

Exclude cases until all lesions are dry and crusted

### Contacts:

Consult local public health to determine exclusions.

Please see [Arizona Administrative Code R9-6-388](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs through contact with the secretions from the nose, eyes, mouth, and throat of an infected individual or by direct contact with the fluid in the blisters.

## Prevention

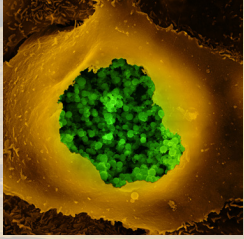
Vaccination is the best prevention method.

Varicella vaccine is recommended at 12-15 months and at 4-6 years.

[CDC Updated Vaccine Schedule](#)

[Back to the top](#)

Image by NIH



# ***Chlamydia trachomatis***

## **Additional Information:**

The possibility of sexual abuse must be considered when children develop diseases that are sexually transmitted. The person making the report does not need to prove the abuse.

Arizona Child Abuse Hotline at 1-888-SOS-CHILD (1-888-767-2445) or law enforcement.

Treatment of STDs is available through local health department and other clinics and through private health care providers.

## **Resources**

- [CDC Sexually Transmitted Diseases](#)
- [CDC STD Treatment](#)

Symptoms of chlamydia may include:

- Discharge from vagina/penis
- Pain on urination
- May have no symptoms

There can be genital, rectal and pharyngeal infection with chlamydia.

Incubation Period	Unknown
Contagious Period	Can be contagious without signs or symptoms.

## **Recommended Actions**

Refer to health care provider for diagnosis and treatment. There is a cure for chlamydia.

### Cases:

None

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## **Transmission**

Transmission occurs from sexual intercourse, oral or anal sex with an infected individual

Transmission can also occur from an infected mother to infant during childbirth.

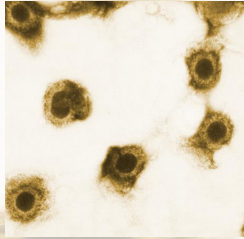
## **Prevention**

Use [latex condoms](#) the right way every time you have sex.

Be aware that birth control (other than condoms) do not protect against STDs.

To completely avoid STDs, one needs to not have vaginal, anal or oral sex.





# Cytomegalovirus (CMV)

## Additional Information:

CMV infections can cause stillbirth and birth defects in rare cases when a woman develops a first CMV infection during pregnancy.

Pregnant women (or women who may become pregnant) who work with young children should discuss the risk of CMV with their healthcare provider.

Cytomegalovirus (CMV) is a virus that is very prevalent in the United States.

Most infected persons do not have symptoms.

Incubation Period	Unknown
Contagious Period	Children infected with CMV may excrete the virus in their stool, urine, and secretions from the nose and mouth for months to years.

## Recommended Actions

None

### Cases:

None

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs through direct contact with infected mouth or nose secretions, breast milk, blood, urine, feces, cervical secretions or semen.

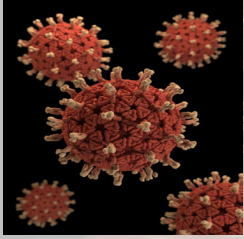
## Prevention

Handle carefully all [diapers](#) and items contaminated with body secretions.

Provide special attention to [sanitation](#) of mouthed toys throughout the day.

## Resources

- [CDC CMV](#)



# Conjunctivitis (Pink Eye)

Report outbreaks **within 24 hours** to local public health

## Additional Information:

Do not share items, such as linens, towels, washcloths, tissues, contact lenses/container, eyeglasses, makeup, or makeup brushes.

Use good hand hygiene (soap/water & alcohol-based hand rub) after contact with discharge from the eyes or articles soiled with the discharge.

Conjunctivitis is inflammation of the white part of the eye, due to viral, bacterial and allergic causes. It can be very contagious.

Symptoms include:

- Watering, irritation, and redness of the white part of the eye
- Swelling of the eyelids
- Crusting of lashes
- Sensitivity to light
- Pus-like discharge may occur

Incubation Period	Unknown
Contagious Period	<b>Viral</b> - until the eye is no longer red or producing discharge <b>Bacterial</b> – until 24 hours after antibiotics started OR until eye no longer red or producing discharge <b>Allergic</b> – not contagious.

## Recommended Actions

Refer to a health care provider for evaluation and management.

### Cases:

Exclude an acute case until the symptoms of acute conjunctivitis subside or treatment for acute conjunctivitis is initiated and maintained for 24 hours.

### Contacts:

None

Please see [Arizona Administrative Code R9-6-318](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs through direct contact with the discharge from the eyes or items soiled with discharge.

## Prevention

Employ good [hand hygiene](#)

Avoid touching or rubbing eyes

[Back to the top](#)

Image by NIH

## Resources

- [ADHS Conjunctivitis Fact Sheet](#)
- [CDC Conjunctivitis](#)



# Cryptosporidiosis (Crypto)

Report case or suspect case **within 24 hours** to local public health

## Additional Information:

No cleaning method is guaranteed to be completely effective against Crypto. However, you can lower the chance of spreading Crypto by following these [guidelines](#).

Cryptosporidiosis is a gastrointestinal disease caused by a parasite.

Symptoms include:

- Diarrhea
- Cramping
- Fatigue
- Fever
- Loss of appetite
- Weight loss

Incubation Period	2–10 days
Contagious Period	Up to 2 weeks after diarrhea has stopped

## Recommended Actions

If symptomatic, exclude from congregate setting and refer to a health care provider for specific stool examination and treatment.

## Cases:

Exclude case from working as a food handler, caring for children in or attending a child care establishment until diarrhea has resolved.

## Contacts:

None

Please see [Arizona Administrative Code R9-6-320](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission can occur stool-to-mouth (fecal-oral) by way of unwashed hands, or food contaminated by unwashed hands.

## Prevention

[Hand washes](#) and monitor [diapering practices](#) and [management of soiled diapers](#).

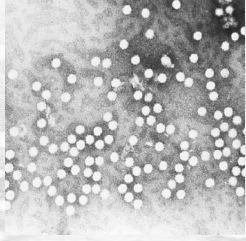
Discourage children from drinking untreated water (lakes, streams, rivers) or from getting water from treated bodies of water (pools, splash pads, water parks) in their mouth.

[Back to the top](#)

Image by CDC

## Resources

- [CDC Crypto](#)
- [ADHS Crypto](#)
- [ADHS Crypto Fact Sheet](#)
- [ADHS Crypto Fact Sheet \(Spanish\)](#)



# Fifth Disease

## Additional Information:

Most cases occur in late winter and early spring. Outbreaks among children in child care and elementary school are not unusual.

In rare situations, miscarriages and stillbirths have been associated with fifth disease during pregnancy. If pregnant and working with young children, the pregnant woman should inform her health care provider of potential exposure to Fifth disease infection.

## Resources

- [CDC Fifth Disease](#)

Fifth disease is a rash illness that is caused by parvovirus B19.

Symptoms can include:

- Fever
- Runny nose
- Headache
- Painful or swollen joints
- “Slapped cheek” rash, several days after initial symptoms.

Incubation Period	4–14 days
Contagious Period	Before the appearance of the rash, during symptomatic phase.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude all individuals until fever-free for 24-hours without the use of fever-reducing medication even if rash is still present.

### Contacts:

No restrictions.

\*If you have questions please call public health for assistance and recommendations.\*

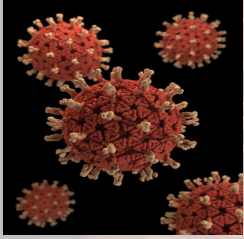
## Transmission

Transmission occurs when a person has contact with secretions from the nose, mouth, and throat of an infected person.

## Prevention

Proper [hand washing](#) with soap and water, covering coughs and sneezes, staying home when you are sick.





# Genital warts

## Additional Information:

The possibility of sexual abuse must be considered when children develop diseases that are sexually transmitted. The person making the report does not need to prove the abuse.

Arizona Child Abuse Hotline at 1-888-SOS-CHILD (1-888-767-2445) or law enforcement.

Treatment of STDs is available through local health department and other clinics and through private health care providers.

[Arizona State law](#) allows minors to obtain treatment of STDs without parental consent.

## Resources

- [CDC Sexually Transmitted Diseases](#)
- [CDC STD Treatment](#)

Genital warts are caused by a virus called human papilloma virus or “HPV.”

Symptoms can include:

- Small bumpy warts on the sex organs and/or anus.
- Warts do not go away (versus herpes, syphilis).
- Itching or burning around the sex organs.

Incubation Period	1–2 months
Contagious Period	Can be contagious without signs or symptoms.

## Recommended Actions

Refer to health care provider for diagnosis and treatment.

Cases:

None

Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Spread by direct contact with infected person.

Indirectly through contamination of objects and self-infection.

## Prevention

There is a [vaccine](#) against HPV, which can help prevent infection with the forms of HPV that cause warts and cancer.

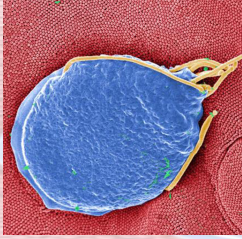
Condoms can reduce the risk of infection with HPV. Use [latex condoms](#) the right way every time you have sex.

Be aware that birth control (other than condoms) do not protect against STDs.

To completely avoid STDs, one needs to not have vaginal, anal or oral sex.

[Back to the top](#)

Image by CDC



# Giardiasis (parasite)

*Report outbreaks of diarrhea, nausea, or vomiting **within 24 hours** to local public health*

## Additional Information:

Individuals diagnosed with Giardia should avoid water play (such as water tables and splash pads) or entering recreational water facilities until 2 weeks after their diarrhea has stopped.

Infected individuals without signs or symptoms can spread this parasite by poor hygiene habits. This illness is often spread from child to child in diapered groups.

Giardiasis is a diarrheal illness that is caused by a parasite.

Symptoms can include:

- Diarrhea
- Foul smelling stools
- Cramping
- Gas

Incubation Period	From 1 to 4 weeks; average 2 weeks.
Contagious Period	As long as the parasite is present in the stool, which can be up to 2 weeks after diarrhea has stopped.

## Recommended Actions

If symptomatic, refer to a health care provider for specific stool examination and treatment.

### Cases:

Exclude case from working as a food handler or caring for children in or attending a child care establishment until diarrhea has resolved and treatment has been initiated OR 2 successive cultures collected at least 24 hours apart are negative.

### Contacts:

Exclude a contact from working as a food handler or caring for children in or attending a child care establishment until diarrhea has resolved.

Please see [Arizona Administrative Code R9-6-331](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs through stool-to-mouth (fecal-oral) by way of unwashed hands, or food contaminated by unwashed hands.

## Prevention

Careful [hand-washing](#) and hygienic [diapering practices](#).

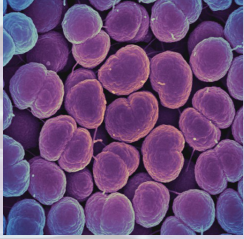
Discourage children from drinking untreated water (lakes, streams, rivers) or from getting water from treated bodies of water (pools, splash pads, water parks) in their mouth.

[Back to the top](#)

Image by CDC

## Resources

- [CDC Giardia](#)
- [ADHS Giardia](#)



# Gonorrhea

## Additional Information:

The possibility of sexual abuse must be considered when children develop diseases that are sexually transmitted. The person making the report does not need to prove the abuse.

Arizona Child Abuse Hotline at 1-888-SOS-CHILD (1-888-767-2445) or law enforcement.

Treatment of STDs is available through local health department and other clinics and through private health care providers.

Arizona State law allows minors to obtain treatment of STDs without parental consent.

## Resources

- [CDC Sexually Transmitted Diseases](#)
- [CDC STD Treatment](#)

Symptoms can include:

- If newborn, discharge from eyes.
- If adolescent and an adult female, vaginal discharge, burning during urination.
- If adolescent and an adult male, discharge from the penis and burning with urination.

Individuals that are infected may be asymptomatic.

There can be genital, rectal and pharyngeal infection with chlamydia

Incubation Period	Men: Average 3-5 days, maximum 30 days Women: Undetermined
Contagious Period	Can be contagious without signs or symptoms

## Recommended Actions

Refer to health care provider for diagnosis and treatment.

### Cases:

None

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs in older children, through sexual transmission and can be transmitted mother to child during delivery.

## Prevention

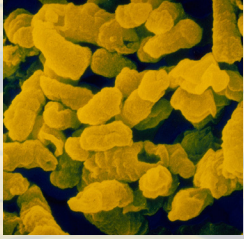
Use [latex condoms](#) the right way every time you have sex.

Be aware that birth control (other than condoms) do not protect against STDs.

To completely avoid STDs, one needs to not have vaginal, anal or oral sex.

[Back to the top](#)

Image by NIAID



# *Haemophilus influenzae*

## Invasive Disease

Report a case or suspect case **within 24 hours** to local public health

### Additional Information:

Meningitis may also be caused by other bacteria (e.g., *Neisseria meningitidis*) or viruses.

Identify children who are susceptible to Hib by reviewing their immunization histories.

*Haemophilus influenzae* is a bacteria that can cause infections in different parts of the body, including:

- Bacteremia
- Meningitis
- Epiglottitis
- Cellulitis
- Infectious arthritis

Incubation Period	Unknown
Contagious Period	As long as the bacteria are present in nose, throat and mouth secretions.

### Recommended Actions

Immediate medical attention is required.

#### Cases:

Exclude all children with a diagnosis of Hib infection.

#### Contacts:

None

Please see [Arizona Administrative Code R9-6-333](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

### Transmission

Transmission occurs from contact with infected secretions from the nose, mouth, throat and ears. These secretions may be on surfaces or in infected droplets in the air.

### Prevention

Vaccination is the best prevention method for *Haemophilus influenzae* type B (Hib) infections.

Hib vaccine is recommended at 2 months, 4 months, and 12-15 months. A 3rd dose at 6 months might be required depending on which vaccine is given.

[CDC Updated Vaccine Schedule](#)

[Back to the top](#)

### Resources

- [ADHS \*Haemophilus influenzae\* Type B Fact Sheet](#)
- [CDC \*Haemophilus influenzae\*](#)





# Head Lice (Pediculosis)

## Additional Information:

Lice can be seen by the naked eye.

As long as live lice are present on the head or in the environment, people can be exposed.

Household pets are not a source of head lice.

If a child has lice for the first time, it may take 4-6 weeks for itching to start. If a child in the school is suspected to have lice, inform the parent so they can treat their child.

Head lice are parasites that are generally found on the head, eyebrows or eyelashes of individuals.

Signs can include:

- Small red bumps from scratching
- Lice eggs (nits)—yellow, tan, or brown dots near the scalp
- Adult lice and nymphs—size of a sesame seed, grayish-white or tan

Incubation Period	Head lice can survive off the body for 1-2 days, allowing for re-infestation.
Contagious Period	Lice are contagious (but don't spread disease) and can be hard to get rid of if the correct steps are not taken.

## Recommended Actions

Refer the child for treatment at the end of the school day and AVOID situations with close head-to-head contact and sharing of clothing, linens, pillows, hats, helmets, and barrettes.

### Cases:

Exclude cases until treated with a pediculicide

### Contacts:

None

Please see [Arizona Administrative Code R9-6-355](#)

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Head lice are spread by direct head-to-head contact between people, or indirectly through shared items including combs, brushes, head phones, hats, towels, coats, or sleeping mats.

Carpeted or upholstered items and stuffed animals can harbor head lice.

## Prevention

There are many over the counter products for the treatment of lice. Contact a health care provider for guidance, specifically if live lice are present after two treatments.

Wash recently used clothing, bedding, towels, combs, and brushes with soap and hot water (at least 130° F) for 10 minutes or dry clean

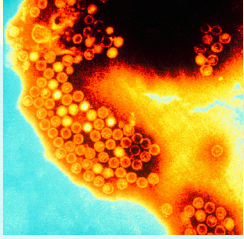
Place items that cannot be cleaned (stuffed animals for example) in a sealed plastic bag for 10-14 days.

## Resources

- [ADHS Head Lice \(Pediculosis\) Fact Sheet](#)
- [CDC Head Lice \(Pediculosis\)](#)
- [CDC Head Lice School Information](#)

[Back to the top](#)

Image by CDC



# Hepatitis A

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

Hepatitis A infection interferes with liver's ability to digest food and keep the blood healthy.

Most people will recover completely from this infection and maintain lifelong immunity to hepatitis A virus.

Hepatitis A is a viral infection that infects the liver.

Symptoms in adults and older children include:

- Sudden onset of loss of appetite
- Nausea/vomiting
- Fever
- Jaundice (yellowing of the skin and eyes)
- Dark-colored urine
- Clay-colored stool
- Joint pain

Young children with hepatitis A disease often have no or mild symptoms.

Incubation Period	15 to 50 days; average 25 to 30 days
Contagious Period	1–3 weeks

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude case from working as a food handler or caring for children in or attending a child care establishment during the first 14 days of illness or for 7 days after the onset of jaundice.

### Contacts:

Exclude a contact from working as a food handler during the first 14 days of illness or for 7 days after the onset of jaundice.

Please see [Arizona Administrative Code R9-6-337](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs from stool-to-mouth (fecal-oral) spread by way of unwashed hands or foods contaminated by unwashed hands.

## Prevention

Hep A vaccine is recommended to be given between 12 to 23 months of age with a 2 dose series.

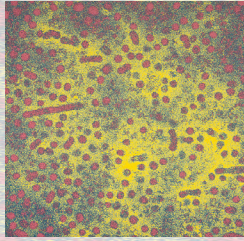
[CDC Updated Vaccine Schedule](#)

Practice good [hand-washing](#) and hygienic [diapering practices](#).

[Back to the top](#)

## Resources

- [CDC Hepatitis A](#)
- [ADHS Hepatitis A](#)
- [ADHS Hepatitis A Fact Sheet](#)



# Hepatitis B

## Additional Information:

Babies born to mothers infected with HBV are at highest risk. These babies are more likely to develop hepatitis B and life-long liver problems unless they receive hepatitis B vaccine. Hepatitis B vaccine and HBIG is recommended for these babies beginning at birth.

Hepatitis B is a viral infection of the liver.

Signs and symptoms may include:

- Fever
- Fatigue
- Loss of appetite
- Nausea/vomiting
- Dark urine
- Jaundice

Incubation Period	45–160 days
Contagious Period	Blood and body fluids are infectious while the hepatitis B surface antigen (HBsAg) blood test is positive. HBsAg will be detected in an infected person's blood an average of 4 weeks after exposure to the virus.

## Recommended Actions

Refer to a health care provider for evaluation, diagnosis, and treatment.

### Cases:

Consider exclusion of case if the individual has weeping sores which cannot be covered OR has a bleeding problem.

A child with hepatitis B infection who exhibits biting or scratching behaviors may need to be excluded from the group setting while the aggressive behavior is addressed.

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

HBV can be transmitted from person-to-person through contact with infected blood or body fluids.

HBV is NOT spread by kissing, hugging, coughing, eating utensils, drinking glasses, or casual touching.

## Prevention

Vaccination is the best prevention method.

Hep B vaccine is recommended at birth, 1-2 months, and 6-18 months.

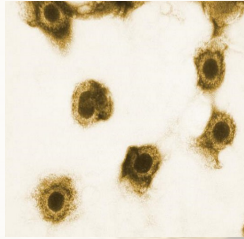
[CDC Updated Vaccine Schedule](#)

[Back to the top](#)

## Resources

- [ADHS Hepatitis B Fact Sheet](#)
- [ADHS Hepatitis B](#)
- [CDC Hepatitis B](#)





# Herpes Simplex

## Additional Information:

If genital herpes in children, the possibility of sexual abuse cannot be ignored. Make reports to the Arizona Child Abuse Hotline at 1-888-SOS-CHILD (1-888-767-2445) or law enforcement.

Good personal and environmental hygiene is important when individuals have fever blisters or genital herpes. Individuals should be discouraged from picking at sores because the virus is concentrated in the fluid of the blisters.

Treatment of STDs is available through local health department clinics, community clinics and private health care providers. Arizona State Laws allow minors to obtain treatment of STDs without parental consent.

## Resources

- [CDC Herpes Simplex](#)

**Fever Blisters:** Typically, clusters of tiny, fluid-filled blisters on a reddened base of skin around the lips, in the mouth or on the face. Also called “cold sores”.

**Genital Herpes:** Clusters of very small (pencil-point size) fluid-filled blisters on a reddened base of skin in the genital area.

Incubation Period	2 days to 2 weeks
Contagious Period	From the onset of the blisters until they are scabbed over and dry, generally from 2 to 14 days.

## Recommended Actions

**Fever Blisters:** Isolate and exclude only if the child has fever or blisters in the mouth or on the lip and cannot control drooling. For others, cover sores with a bandage if possible.

### Cases (childcare):

Fever Blisters: Exclude only if child has fever or blisters in the mouth or on the lip and cannot control drooling. For others, cover sores with a bandage if possible.

Genital Herpes: Exclude until fever-free and genital sores are scabbed over.

### Cases (school):

Exclude until fever-free.

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Fever Blisters: Direct contact with the virus in saliva, sores or drool.

Genital Herpes: Through intimate sexual contact.

Herpes infections may be transmitted to an infant, from the infected mother, in the birth canal during delivery.





# Hand, Foot, and Mouth Disease

## Additional Information:

Hand, Foot, and Mouth disease is seen most often in the summer and early fall.

Asymptomatic people can spread the virus to others.

Hand, Foot and Mouth Disease is a viral illness.

Symptoms may include:

- Fever
- Reduced appetite
- Sore throat
- Sores or blisters on mouth, palms and soles 1-2 days after fever

Incubation Period	Usually 3 - 6 days
Contagious Period	Days to weeks after infection

## Recommended Actions

Exclude while fever is present.

### Cases:

Exclude until fever-free and the individual feels well enough to return. Consider exclusion for very young children with mouth sores and uncontrolled drooling.

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission may occur by contact with secretions from the nose, mouth, and throat, stool-to-mouth (fecal-oral) spread by way of unwashed hands, or foods contaminated by unwashed hands.

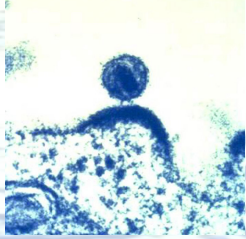
## Prevention

Proper [hand-washing](#) with soap and water.

[Cleaning and disinfecting](#) surfaces, soiled items (including toys).

## Resources

- [ADHS Hand, Foot, and Mouth Disease \(HFMD\) Fact Sheet](#)
- [CDC Hand, Foot, and Mouth Disease \(HFMD\)](#)



# Human Immunodeficiency Virus (HIV)

## Additional Information:

HIV-infected adults may care for children in facilities provided they do not have open skin sores or other conditions that would allow contact of their blood or body fluid with children or other adults.

Communicable diseases pose a risk to the HIV-infected child. This child's parents should be alerted to the potential risks of infectious diseases in the group setting. If cases of infectious diseases such as measles chickenpox, or whooping cough are identified in the group setting, temporary removal of the HIV-infected child may be recommended.

Schools and child care centers should have procedures in place to provide guidance to all staff responsible for children to prevent the spread of HIV.

## Resources

- [CDC Human Immunodeficiency Virus \(HIV/ AIDS\)](#)
- [ADHS HIV Epidemiology Program](#)
- [ADHS HIV Prevention Program](#)

HIV-infection non-specific signs and symptoms include:

Symptoms can include:

- Swollen lymph nodes
- Intermittent diarrhea
- Weight loss
- Fever
- Fatigue
- Night sweats

Symptoms alone are not sufficient by themselves to make a diagnosis.

**AIDS:** The last stage of HIV infection, when the individual becomes very sick and cannot fight off infections.

Incubation Period	Variable. Infants infected in the womb or during birth may develop signs and symptoms as early as 12 to 18 months of age. Older children and adults may be symptom-free for years.
Contagious Period	Begins early after HIV infection and continues throughout life. Infected individuals are infectious although signs and symptoms may not be present.

## Recommended Actions

Refer to a health care provider for diagnosis and treatment

Cases:

None

Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

HIV is mainly spread by:

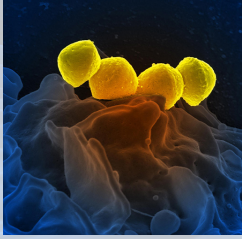
- Sexual intercourse (anal and vaginal), with an infected individual
- Sharing HIV-contaminated intravenous needles and syringes used for illicit drugs, steroids or tattoos

Less commonly, HIV may be spread by:

- An infected mother to her baby in the womb, during birth, and through breast feeding
- Being stuck with an HIV-contaminated needle or other sharp object
- Oral sex, with mouth to penis being riskier than other types of oral sex

[Back to the top](#)

Image by CDC



# Impetigo

## Additional Information:

Impetigo is very contagious and individuals should be referred to a health care provider for proper treatment.

Impetigo is a bacterial skin infection that is caused by group A Streptococcus and Staphylococcus aureus.

Skin sores may have a honey-colored, gummy, crusty or blister-like appearance.

They are itchy, and most often around the nose and mouth, or on the buttocks of a diapered child.

Incubation Period	7–10 days
Contagious Period	As long as untreated sores are present or until sores are treated with oral antibiotics for 24 hours.

## Recommended Actions

Cover with bandage and refer to a health care provider for diagnosis and treatment.

### Cases:

Exclude cases if the sores cannot be completely covered with a bandage and refer for antibiotic treatment. Cases may return 24 hours after starting oral or topical antibiotics and the sores are covered.

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission can occur by direct contact with the sores, drainage, or contaminated hands. Also, items that have come into contact with the sores or drainage such as toys, face cloths, tissues, or diapers.

## Prevention

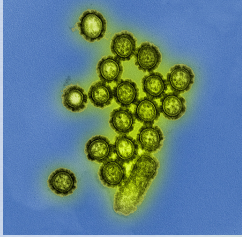
Stress careful [hand hygiene](#) and [sanitation procedures](#).

All paper towels, tissues, bandages, and gloves must be [disposed](#) of immediately after one use.

[Proper laundering](#) of contaminated clothing and bed and bath linens must be stressed and proper cleaning of possibly shared items such as toys is essential.

## Resources

- [CDC Impetigo](#)



# Influenza

## Additional Information:

Influenza can be spread prior to a person having any symptoms.

Influenza or flu is a viral respiratory illness.

Symptoms can include:

- Fever
- Cough
- Sore throat
- Runny nose
- Body aches
- Headaches
- Fatigue
- Vomiting or diarrhea ( more common in children than adults)

Incubation Period	1–4 days
Contagious Period	1 day before symptom onset until 7 days after.

## Recommended Actions

Refer to a health care provider for diagnosis and treatment.

### Cases:

Consider exclusion of cases until symptoms subside and the individual is fever-free for at least 24 hours without the use of fever-reducing medications.

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Contact with secretions from the nose, mouth, and throat of an infected person. The secretions may be on surfaces or in infected droplets in the air.

## Prevention

Vaccination is the best prevention method.

According to the [CDC](#), all persons 6 months of age or older are recommended to receive an annual influenza vaccine with some rare exceptions.

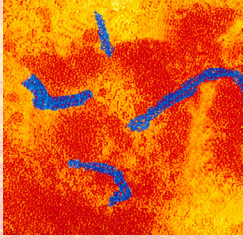
[Back to the top](#)

Image by NIAID

## Resources

- [ADHS Influenza Fact Sheet](#)
- [ADHS Influenza Report](#)
- [CDC Influenza](#)
- [CDC Influenza Vaccine](#)





# Measles

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

When you are referring a student to a healthcare provider, make sure to alert the healthcare facility prior to the student arriving at the facility

Identify children who are susceptible to measles by reviewing their immunization histories

Individuals who are susceptible or who do not have evidence of immunity should be offered MMR within 72 hours of exposure

Pregnant women can be at high risk for complications from measles. Pregnant women who are exposed to measles should consult her healthcare provider

## Resources

- [ADHS Measles Fact Sheet](#)
- [ADHS Measles \(Rubeola\)](#)
- [CDC Measles \(Rubeola\)](#)

Symptoms of measles generally start with:

- High fever
- Cough
- Runny nose
- Red, watery eyes

2–4 days after initial symptoms, a rash starts at the hairline and moves down the body to the neck, arms, torso, and legs.

Incubation Period	7–21 days
Contagious Period	4 days before the rash onset to 4 days after rash onset

## Recommended Actions

Call the local health department immediately to report all rashes accompanied by fever

Isolate, exclude and refer to a health care provider for diagnosis.

## Cases:

Exclude from the time of onset of illness through the 4th day after rash appears, and until the individual is fever-free without the use of fever-reducing medications

## Contacts:

Exclusions for contacts will be determined by the local health agency.

Please see [Arizona Administrative Code R9-6-350](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs by contact with airborne droplets. Measles can stay in the air for 2 hours after an infected individual leaves.

## Prevention

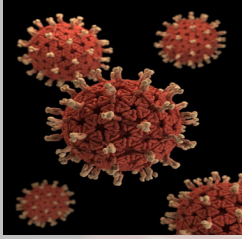
Vaccination is the best prevention method

MMR vaccine is recommended at 12-15 months and 4-6 years

[CDC Updated Vaccine Schedule](#)

[Back to the top](#)

Image by CDC



# Meningitis (viral)

## Additional Information:

Viral meningitis is an infection of the thin covering of the brain and spinal cord (meninges). It is caused by many kinds of viruses, the most common being intestinal viruses (enteroviruses). Most people are exposed to these viruses at some time, but very few develop meningitis.

Most cases occur in children, teens and young adults. Almost all cases occur as a single isolated event. Outbreaks are rare.

Serious complications such as hearing loss, mental retardation and death may be a result of viral meningitis but are rare.

Meningitis may also be caused by bacteria. See *Haemophilus influenzae* and Meningococcal invasive disease.

## Resources

- [CDC Meningitis \(Viral\)](#)

Viral meningitis can be caused by many different viruses.

Symptoms can include:

- Fever
- Headache
- Stiff neck
- Sensitivity to light
- Nausea
- Vomiting
- Lack of energy

Incubation Period	Varies depending on the virus that is causing the illness
Contagious Period	As long as the virus is being shed from the body. This will vary depending on the virus causing the illness.

## Recommended Actions

Isolate, exclude, and refer to a health care provider.

Immediate medical attention is required.

### Cases:

Exclude cases as soon as meningitis is suspected. A case can be readmitted when they are cleared by a health care professional.

### Contacts:

None

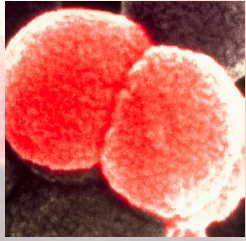
\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Varies depending on the virus that is causing the illness.

## Prevention

Careful [hand-washing](#), monitoring of [diapering practices](#), and [management of soiled diapers](#) are important prevention steps.



# Meningococcal Invasive Disease

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

There are some high-risk groups that may be recommended to receive these vaccinations at earlier times or together. Consult a health care provider for more information.

Serious complications such as hearing loss, neurological deficits, and death may result from delays in seeking medical attention.

Meningitis may also be caused by other bacteria (e.g., *Haemophilus influenzae*) or viruses (viral meningitis). See *Haemophilus influenzae*: Invasive Disease and Meningitis (Viral).

Identify children who are susceptible to meningococcal invasive disease by reviewing their immunization histories.

## Resources

- [ADHS Meningococcal Invasive Disease Fact Sheet](#)
- [CDC Meningococcal Invasive Disease](#)

Meningococcal disease is a bacterial illness caused by *Neisseria meningitidis*.

Symptoms can include:

- Fever
- Headache or stiff neck
- Nausea/vomiting
- Eye sensitivity to light
- Altered mental status
- Rash

Incubation Period	1–10 days
Contagious Period	As long as the bacteria are present in nose, throat and mouth secretions.

## Recommended Actions

Isolate, exclude and refer to a health care provider. Immediate medical attention is required.

## Cases:

Exclude until the individual is symptom-free, receives antibiotic treatment, and the local health department or health care provider indicates the individual may return.

## Contacts:

A local health agency shall evaluate the level of risk of transmission from each contact's exposure to a meningococcal invasive disease case and, if indicated, provide or arrange for each contact to receive prophylaxis.

Please see [Arizona Administrative Code R9-6-352](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs from contact with secretions from the nose, mouth, and throat of an infected person.

## Prevention

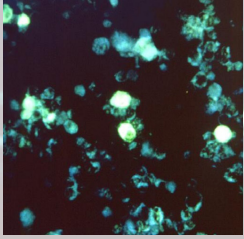
MenACWY is routinely recommended at 11-12 years with a booster at 16-18 years.

Some physicians may choose to give meningococcal B vaccine to 16-23 year olds.

[CDC Updated Vaccine Schedule](#)

[Back to the top](#)

Image by Sanofi Pasteur CC BY-NC-ND-2.0



# Mononucleosis (infectious)

## Additional Information:

This infection occurs most often in teens and young adults and is also known as "Kissing Disease."

Symptoms may last for 2 weeks or longer.

Because the spleen may become enlarged as a result of infectious mononucleosis, contact sports should be avoided until full recovery. Participating in contact sports can be strenuous and may cause the spleen to rupture.

Treatment may include rest with symptomatic treatment for discomfort and fever-reduction.

Special attention to sanitation of mouthed toys is required. Utensils, drinking glasses, and toothbrushes should not be shared.

## Resources

- [ADHS Mononucleosis \(Infectious\) Fact Sheet](#)
- [CDC Mononucleosis \(Infectious\) Information](#)

Mononucleosis is a viral infection caused by the Epstein-Barr virus.

Symptoms can include:

- Fever
- Sore throat
- Listlessness
- Swollen lymph nodes in the neck and armpits

Skin rash may appear on neck and shoulders or jaundice may develop.

Incubation Period	Approximately 30–50 days
Contagious Period	Prolonged. Possibly up to a year or more.

## Recommended Actions

Refer to a health care provider for diagnosis.

Cases:

None

Contacts:

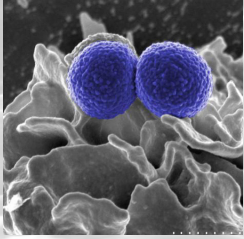
None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Contact with secretions from the nose, mouth and throat of an infected person. Most commonly, saliva (spit or drool). The virus can survive for several hours outside the body.





# Methicillin Resistant *Staphylococcus aureus* (MRSA)

## Additional Information:

A MRSA infection does not respond to treatment with the most common antibiotics, and may require longer and recurrent treatment.

MRSA is not more contagious or more “deadly” than other staphylococcal infections. Treat any draining wound as potentially infectious. Do not permit others to come into contact with an infected child’s sore or wound or drainage from the sore or wound. Do not permit children to use bedding or mats that are used by children with draining wounds.

## Resources

- [CDC Methicillin-resistant Staphylococcus aureus \(MRSA\)](#)

Methicillin-resistant *Staphylococcus aureus* can cause bacterial infections.

Symptoms can include:

- A sore, bump, pimple or boil which can be red, swollen, painful, or have pus or other drainage.

These sores may look like a spider bite or infected cut or scrape.

Incubation Period	Variable. Typically 4–10 days
Contagious Period	As long as the bacteria are present in nose, throat and mouth secretions.

## Recommended Actions

Do not squeeze or “pop” boils or pimples. Cover with a clean, dry bandage and refer to a health care provider for diagnosis and treatment.

### Cases:

Exclude cases if lesions cannot be covered and the bandage kept dry and intact.

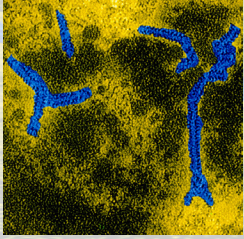
### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Direct contact with sores or contaminated hands; also items that have come into contact with discharge from sores such as bandages, face cloths, tissues or diapers.



# Mumps

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

Outbreaks can be seen in school settings.

Complications of the disease can include painful inflammation of the testes and ovaries, hearing loss, and inflammation of the joints.

Identify children who are susceptible to mumps by reviewing their immunization histories.

Mumps is a viral illness caused by the mumps virus

Symptoms can include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen salivary glands

Some individuals may not have any or only mild symptoms.

Incubation Period	12–25 days
Contagious Period	5 days after onset of swollen salivary glands

## Recommended Actions

Exclude and refer to a health care provider.

### Cases:

Exclude cases or suspect cases until 5 days after the onset of parotid gland or facial swelling.

### Contacts:

Exclusions for contacts will be determined by the local health agency.

Please see [Arizona Administrative Code R9-6-353](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Contact with the secretions of the nose, mouth and throat of an infected individual. The secretions may be on surfaces or in infected droplets in the air.

## Prevention

Vaccination is the best prevention method.

MMR vaccine is recommended at 12-15 months and at 4-6 years.

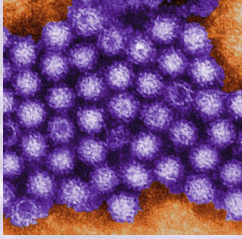
[CDC Updated Vaccine Schedule](#)

## Resources

- [ADHS Mumps Fact Sheet](#)
- [CDC Mumps](#)

[Back to the top](#)

Image by Sanofi Pasteur CC BY-NC-ND-2.0



# Norovirus

*Report outbreaks of diarrhea, nausea, or vomiting **within 24 hours** to local public health*

## Additional Information:

Norovirus is a common cause of community outbreaks of vomiting and diarrheal disease. Often called the “stomach flu”, it is not related influenza. Dehydration can occur from frequent vomiting and diarrhea and may require medical assistance.

People who have signs and symptoms of norovirus infection should not prepare food for others while they have symptoms and for 3 days after they recover from their illness.

Norovirus is not killed by many commonly used cleaning products. After vomiting or diarrhea, immediately clean up any visible matter and then disinfect using an [EPA-approved cleaner](#) against norovirus or a [freshly prepared bleach solution](#).

## Resources

- [CDC Norovirus](#)
- [CDC Norovirus for Food Workers](#)
- [ADHS Norovirus](#)
- [ADHS Norovirus Fact Sheet](#)
- [ADHS Norovirus Fact Sheet \(Spanish\)](#)

Norovirus is a very contagious illness.

Symptoms can include:

- Diarrhea
- Vomiting
- Stomach pain
- Low grade fever
- Body aches

Incubation Period	12–48 hours
Contagious Period	From the onset of illness to at least 3 days after recovery (and sometimes for weeks following resolution of symptoms)

## Recommended Actions

Isolate and exclude

### Cases:

Exclude cases until diarrhea has resolved

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

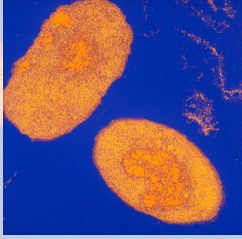
Norovirus enters the body through the mouth, through direct contact with surfaces or objects contaminated with norovirus, having contact with the stool or vomit of an infected person, or eating food or drinking liquids that are contaminated with norovirus.

## Prevention

Careful [hand-washing](#) with soap and water, especially after assisting an ill child, using the toilet and changing diapers and always before eating or preparing food.

Alcohol-based hand sanitizers are not effective in preventing infectious norovirus. Hand-washing with soap and water should be emphasized.





# Pertussis

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

Review immunization histories of all children to identify those who need additional vaccination when a case occurs in the group setting.

Whooping cough is often misdiagnosed as bronchitis or other respiratory illness in teens and adults.

Pertussis generally has 3 stages of symptoms:

Early stage:

- Runny nose
- Low-grade fever
- Cough

Later stage:

- Fits of coughs
- Whoop after fits of cough
- Vomiting after coughing fits
- Exhaustion after coughing fits

Recovery stage:

- Gradual recovery to more mild and less common coughing fits.

Incubation Period	6–21 days
Contagious Period	Most contagious during the cold-like stage to 3 weeks after a cough begins.

## Recommended Actions

Isolate and exclude.

Refer to a health care provider for diagnosis and treatment.

### Cases:

Exclude cases until 21 days after cough onset or for 5 days after the initiation of antibiotic treatment for pertussis.

### Contacts:

Exclusions for contacts will be determined by the local health agency.

Please see [Arizona Administrative Code R9-6-356](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Contact with secretions of the nose, mouth, and throat of an infected individual. These secretions may be on surfaces or in infected droplets in the air.

## Prevention

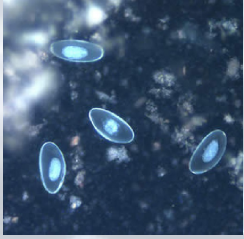
DTaP vaccine is recommended at 2 months, 4 months, 6 months, 15-18 months and 4-6 years. Tdap vaccine is recommended at 11-12 years.

[CDC Updated Vaccine Schedule](#)

[Back to the top](#)

## Resources

- [ADHS Pertussis Fact Sheet](#)
- [ADHS Pertussis](#)
- [CDC Pertussis](#)



# Pinworms (Enterobiasis)

## Additional Information:

Treatment of household members at the same time may be advised.

Recurrence is common.

Pinworms are small and commonly get into the digestive track of kids. The eggs can be found on many different things. Pets are not a source of human pinworms.

Pinworm eggs can survive for 2-3 weeks on carpets, linens, and other contaminated objects/surfaces.

Pinworms may sometimes be seen by shining a flashlight on the anal area of a child who has been asleep for a short time (an hour or so). They appear as white threads, about 1/2" long.

## Resources

- [CDC Pinworms \(Enterobiasis\)](#)

Enterobiasis or pinworm infections are caused by roundworms.

Signs and symptoms may be absent but can include itching around the anal region at night.

Incubation Period	1-2 months
Contagious Period	As long as female pinworms are laying eggs around the rectum, others can be infected.

## Recommended Actions

Cases:

None

Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Swallowing of pinworm eggs by touching a surface that is already contaminated with pinworm eggs.

Pinworm eggs can be on a counter, bed, desk at school, clothes, or towels. A child can touch a surface with pinworm eggs and put their fingers in their mouths, accidentally swallowing the eggs without even knowing it.

Eggs from the rectum can also be carried to the mouth on contaminated hands or articles.

## Prevention

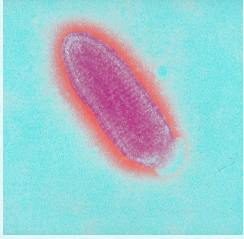
Emphasize careful [hand-washing](#) after using the bathroom, diapering a child and before eating.

Discourage scratching of the anal area and genitals. Keep fingernails short and clean. Discourage nail biting and sucking of fingers.

Recommend daily [laundering](#) and change of underwear, bed clothing, and bed linen during the course of treatment. Daily morning bathing (showers preferred to baths) is recommended.

[Back to the top](#)

Image by CDC



# Rabies Exposure (potential)

*All bites or contact with bats or other wild animals should be reported immediately to local animal control or the local health department.*

## Additional Information:

In Arizona, the main sources of rabies are wildlife, including bats, skunks, foxes, coyotes, and bobcats. Small rodents are not considered a rabies risk in Arizona.

## Recommended Actions

Wash all bites and scratches with soap and water.

Refer immediately to a healthcare provider to determine if anti-rabies treatment is needed.

### Cases:

None

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Prevention

Teach children not to pick up, touch, or feed wild or unfamiliar animals, especially sick or wounded ones.

Do not touch dead bats or rodents on the playground.

After any contact, contact local animal control and public health to discuss rabies risk and need for rabies prophylaxis.

## Resources

- [CDC Rabies](#)
- [CDC Rabies for Kids](#)
- [ADHS Rabies](#)



# Ringworm

## Additional Information:

Animals including dogs, cats, and cattle can also be a source of infection. Ringworm is not caused by a “worm,” it is caused by a fungus

[CDC Ringworm in Pets](#)

Signs and symptoms of ringworms vary depending on the location

- **Scalp:** Red, itchy bumps which enlarge in size and leave a central clearing with a red scaly outer ring. They can be single or multiple lesions
- **Body:** Involve the face, trunk, and skin. Lesions either occur as a red rash or as itchy rings
- **Feet (“athlete’s foot”):** Red, swollen, peeling, and itchy skin between the toes (most commonly between the third and the fourth toe or the fourth and the fifth toe or around the sides of the feet). There is a predisposition to fissures and scaling
- **Groin (“jock itch”):** Scaly, itchy, red spots on the inner sides of the thigh
- **Beard:** Scaly, itchy, red spots on the cheeks, chin, and upper neck. These lesions may become crusted causing hair loss

Incubation Period	1–3 weeks
Contagious Period	As long as untreated lesions are present until 48 hours after beginning treatment.

## Recommended Actions

Cover exposed lesions with a bandage if practical. Refer to a health care provider.

### Cases:

Exclude cases until treatment has been initiated.

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Direct contact with the sores or articles contaminated with the fungus such as clothing, towels, sheets, combs, brushes, hats, or other personal items. Using public showers or locker rooms also increases the risk of having ringworm.

## Prevention

Scalp: Avoid direct contact with hair or hair care items, towels, and face cloths.  
Body: Launder towels, face cloths and clothing in hot water. Store nap mats so sleeping surfaces do not touch each other.

Jock itch: Loose undergarments should be worn and potentially involved areas should be kept dry.

Athlete’s foot: Swimming pool areas should not be used by people with active infection.

Fungicidal agents must be used on tables, showers, dressing rooms, sinks, benches and floors. Assure rapid draining of shower rooms.

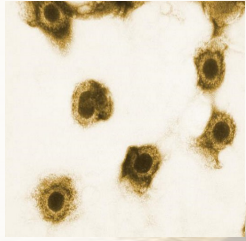
[Back to the top](#)

Image by CDC

## Resources

- [ADHS Ringworm Fact Sheet](#)
- [CDC Ringworm](#)





# Roseola infantum

## Additional Information:

Cases occur throughout the year, mostly in children ages 3 months to 4 years of age. Although roseola is not a serious disease, occasionally seizures occur during the period of high fever.

Roseola infantum is an illness caused by Human Herpesvirus 6 (HHV-6).

Symptoms can include:

- Fever
- Rash
- Ear infection

Incubation Period	9–10 days
Contagious Period	Unknown

## Recommended Actions

Exclude individuals with rash accompanied by fever.

Cases:

None

Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

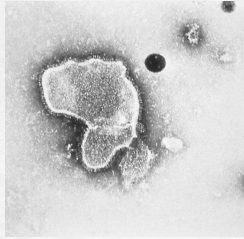
## Transmission

Transmission occurs from contact with secretions from the nose, mouth, and throat of an infected person. The secretions may be on surfaces or in infected droplets in the air.

## Prevention

Proper [hand hygiene](#).





# Respiratory Syncytial Virus (RSV)

## Additional Information:

RSV usually occurs in yearly outbreaks during winter and early spring.

Spread among household and child care contacts is common.

Initial infection occurs most commonly during the first year of life. The majority of RSV infections are not serious; however, infants and young children may develop life-threatening illness requiring hospitalization for anti-viral treatment.

Other medical conditions such as asthma and chronic allergies may contribute to an individual's

## Resources

- [ADHS RSV Fact Sheet](#)
- [ADHS RSV Weekly Reports](#)
- [CDC RSV](#)

RSV is a respiratory illness that is caused by Respiratory Syncytial virus.

Symptoms can include:

- Runny nose
- Low appetite
- Coughing
- Sneezing
- Fever

Incubation Period	2-8 days
Contagious Period	3-8 days Infants may continue shedding for as long as 3-4 weeks.

## Recommended Actions

Refer to a health care provider for diagnosis and treatment.

### Cases:

None

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs by contact with secretions from the nose, mouth, and throat of an infected person. The secretions may be on surfaces or in infected droplets in the air.

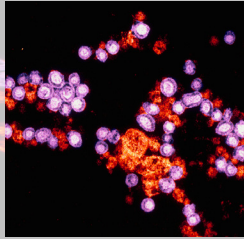
## Prevention

Cover coughs and sneezes

Properly [wash hands](#) with soap and water

Avoid sharing cups and eating utensils with others

[Clean](#) contaminated surfaces



# Rubella

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

Rubella can have serious consequences for the fetus of a pregnant woman. IF pregnant and exposed to rubella, consult a health care provider immediately.

Symptoms can include:

- Low-grade fever
- Headache
- Mild pink eye
- Swollen and enlarged lymph nodes
- Cough
- Runny nose
- Rash

The rash generally starts on the face and then spreads to the rest of the body and can last up to 3 days.

Many individuals will not have any symptoms.

Incubation Period	14–23 days
Contagious Period	From 7 days before to 7 days after the rash appears.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude cases or suspect cases from the time illness onset through the 7th day after the rash appears

### Contacts:

Exclusions for contacts will be determined by the local health agency.

Please see [Arizona Administrative Code R9-6-365](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Contact with secretions of the nose, mouth, and throat of an infected individual. These secretions may be on surfaces, tissues or in infected droplets in the air.

## Prevention

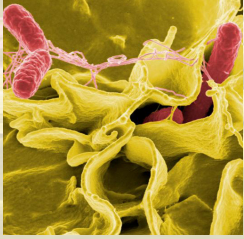
MMR vaccination is recommended at 12-15 months and at 4-6 years.

[CDC Updated Vaccine Schedule](#)

[Back to the top](#)

## Resources

- [CDC Rubella](#)



# Salmonella

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

Infected individuals can spread these bacteria by poor hygiene habits. This illness is most commonly spread through animal contact (chicks, ducklings, reptiles, other pets), contact with contaminated water, and through contaminated food or beverages.

## Resources

- [CDC Salmonella](#)
- [ADHS Salmonella](#)
- [ADHS Salmonella Fact Sheet](#)
- [ADHS Salmonella Fact Sheet \(Spanish\)](#)
- [ADHS Salmonella and Baby Poultry](#)
- [ADHS Salmonella and Baby Poultry \(Spanish\)](#)
- [ADHS Salmonella and Reptiles & Amphibians](#)
- [ADHS Salmonella and Reptiles & Amphibians \(Spanish\)](#)

Salmonella is a bacterial infection that can cause diarrheal illness.

Symptoms can include:

- Diarrhea, sometimes bloody
- Abdominal cramps
- Fever
- Vomiting

Incubation Period	12–36 hours
Contagious Period	A person may continue shedding the bacteria for 2 to 3 weeks (sometimes longer) following resolution of symptoms.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude case from working as a food handler or caring for children in or attending a child care establishment until diarrhea has resolved OR 2 successive cultures collected at least 24 hours apart are negative.

### Contacts:

Exclude a contact from working as a food handler or caring for children in or attending a child care establishment until diarrhea has resolved OR 2 successive cultures collected at least 24 hours apart are negative.

Please see [Arizona Administrative Code R9-6-367](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

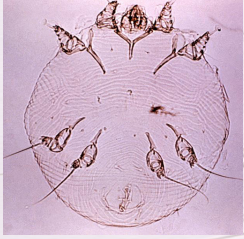
## Transmission

Stool-to-mouth (fecal-oral), person-to-person, animal-to-person, and through contaminated food or water.

## Prevention

Stress careful [hand-washing](#) after toileting, after changing diapers, before food preparation, before eating or after touching animals.

Cook poultry to 165 degrees Fahrenheit.



# Scabies

Report outbreaks **within 24 hours** to local public health

## Additional Information:

Scabies is a skin condition caused by tiny mites getting under a person's skin. Mites can burrow under the skin in 2 minutes.

Scabies can also affect pets, such as dogs, so it is advised to consult with a veterinarian.

Environmental pesticide sprays are not recommended for management.

Itching may continue for weeks after treatment is complete.

## Resources

- [CDC Scabies](#)

Scabies is a skin infection of the human itch mite.

Symptoms can include:

- Dry, itchy, bumpy, reddish rash on the skin.
- Small blister-like sores or tiny burrows (short, wavy, dirty-looking lines) that contain the mites and their eggs.
- Intense itching of the skin, especially at night

These sores and burrows are seen commonly around finger webs, creases of the wrists and elbows, belt line, and genitals of men and lower buttocks of women.

In infants, the head, neck, palms, soles and buttocks may also be involved.

Incubation Period	2–6 weeks before itching is noticed
Contagious Period	As long as live mites are present. The mite can survive off the body for only 2–3 days.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude cases until treatment has been completed.

### Contacts:

None

Please see [Arizona Administrative Code R9-6-368](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Scabies is spread by direct skin-to-skin contact OR by contact with infested clothing and bed linens.

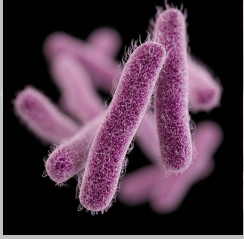
## Prevention

Wash and dry, on the hot cycle, all washable items that the individual may have come into contact with in the previous 3 days. Include bed linens, towels, and clothes.

[Back to the top](#)

Image by CDC





# Shigella

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

It takes only a very small amount of the bacteria can cause illness. It is easily spread person to person, especially with poor hygiene. This illness is often spread from child to child in diapered groups. Stress careful hand-washing after toileting, after changing diapers, before food preparation and before eating.

Children less than 5 years old are at high risk of infection.

Individuals diagnosed with shigellosis should avoid water play (such as water tables and splash pads) or entering recreational water facilities (such as pools or water parks) until 1 week after their diarrhea has stopped.

## Resources

- [CDC Shigella](#)
- [ADHS Shigella](#)
- [ADHS Shigella Fact Sheet](#)
- [ADHS Shigella Fact Sheet \(Spanish\)](#)

Shigella is a bacterial diarrheal illness.

Symptoms can include:

- Diarrhea (often bloody)
- Abdominal cramps
- Fever
- Vomiting

Incubation Period	1–7 days
Contagious Period	A person may continue shedding the bacteria for 2-3 weeks (sometimes longer) following resolution of symptoms.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude case from working as a food handler or caring for children in or attending a child care establishment until diarrhea has resolved and treatment is maintained for 24 hours OR 2 successive cultures collected at least 24 hours apart and at least 48 hours after discontinuing antibiotics are negative.

### Contacts:

Exclude a contact from working as a food handler or caring for children in or attending a child care establishment until diarrhea has resolved and treatment is maintained for 24 hours OR 2 successive cultures collected at least 24 hours apart and at least 48 hours after discontinuing antibiotics are negative

Please see [Arizona Administrative Code R9-6-370](#) for specific language.

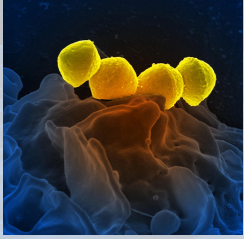
\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Stool-to-mouth (fecal-oral), person-to-person, animal-to-person, and through contaminated food or water.

## Prevention

Good [hand washing](#) is essential to stopping the spread of shigellosis. Individuals should wash hands after all restroom visits, before preparing food or eating, and after all diaper changes.



# Streptococcal Sore Throat and Scarlet Fever

## Additional Information:

Scarlet fever is the result of a toxin produced by certain kinds of streptococcal bacteria. Treatment is usually the same as for "strep throat."

Streptococcal bacteria are responsible for other infections such as impetigo, and ear infections.

If started on treatment, it must be completed, as some children may develop more serious complications affecting the ear, lung, sinuses, kidneys or heart (rheumatic heart disease).

## Resources

- [ADHS Sore Throat & Scarlet Fever Fact Sheet](#)
- [CDC Sore Throat](#)
- [CDC Scarlet Fever](#)

**Strep Throat:** Red, sore throat, fever, listlessness, swollen glands, nausea, stomach pain, swollen tonsils, and headache.

**Scarlet Fever:** As above, with a rash on the neck, face and underarm then spreading to all parts of the body including the hands and feet. The rash typically starts as small, flat blotches and then becomes sandpaper-like fine bumps. The rash clears in about 1 week and peeling of the skin is common. Fever often 101°F or above.

Incubation Period	Unknown
Contagious Period	If untreated, 10-21 days. If treated with antibiotics, contagious period generally ends within 12 hours.

## Recommended Actions

Isolate, exclude and refer to health care provider for diagnosis and treatment.

### Cases:

Exclude cases until they have been treated with antibiotics for 24 hours.

### Contacts:

None

Please see [Arizona Administrative Code R9-6-372](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs by contact with secretions from the nose, mouth, and throat of an infected individual. These secretions may be on surfaces or in infected droplets in the air.

## Prevention

Proper [hand hygiene](#).



# Staphylococcal Food Poisoning (toxin)

## Additional Information:

There can be non-contagious causes for occasional episodes of diarrhea such as taking antibiotics, new foods, or stress. This diarrhea usually clears up when the new food is discontinued or the antibiotic is completed.

When this food is not cooked or stored properly (i.e., kept at room temperature), a toxin is produced that causes illness when swallowed.

Symptoms can include:

- Nausea
- Cramps
- Vomiting
- Diarrhea
- Low-grade fever

Incubation Period	30 minutes to 8 hours, usually 2 to 4 hours.
Contagious Period	Not contagious person to person

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclusions per school or childcare policy

### Contacts:

None

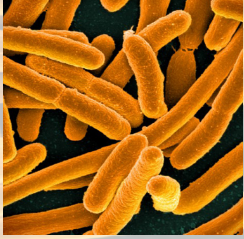
\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs through contamination of food from hands that carry the bacteria *Staphylococcus aureus*.

## Prevention

Careful [hand-washing](#), monitoring of [diapering practices](#) and [management of soiled diapers](#) are important prevention steps.



# Shiga toxin-producing E.coli (STEC)

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

Individuals diagnosed with STEC should avoid water play (such as water tables and splash pads) or entering recreational water facilities (such as pools or water parks) until 2 weeks after their diarrhea has stopped.

*E. coli* is a bacterium that can cause a gastrointestinal disease.

Symptoms can include:

- Diarrhea, sometimes bloody
- Abdominal cramps
- Fever
- Vomiting

STEC can lead to Hemolytic Uremic Syndrome, a serious and sometimes fatal kidney infection.

Incubation Period	Usually 3 to 4 days, but ranges from 1 to 10.
Contagious Period	A person may continue shedding the bacteria for 2 to 3 weeks (or longer) following resolution of symptoms.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude case from working as a food handler or caring for children in or attending a child care establishment until diarrhea has resolved  
**OR** 2 successive cultures collected at least 24 hours apart and at least 48 hours after discontinuing antibiotics are negative.

### Contacts:

Exclude a contact from working as a food handler or caring for children in or attending a child care establishment until diarrhea has resolved.

Please see [Arizona Administrative Code R9-6-329](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission occurs through stool-to-mouth (fecal-oral), person-to-person, animal-to-person, and through contaminated food or water.

## Prevention

Stress careful [hand-washing](#) after toileting, after changing diapers, before food preparation, before eating or after touching animals.

Cook poultry to 165°F

[Back to the top](#)

Image by NIAID

## Resources

- [CDC E. coli](#)
- [ADHS E. coli](#)
- [ADHS Shiga Toxin-producing E. coli Fact Sheet](#)
- [ADHS Shiga Toxin-producing E. coli Fact Sheet \(Spanish\)](#)
- [ADHS Raw Milk Fact Sheet](#)





# Syphilis

## Additional Information:

The possibility of sexual abuse must be considered when children develop diseases that are sexually transmitted. The person making the report does not need to prove the abuse.

Arizona Child Abuse Hotline at 1-888-SOS-CHILD (1-888-767-2445) or law enforcement.

Treatment of STDs is available through local health department and other clinics and through private health care providers.

[Arizona State law](#) allows minors to obtain treatment of STDs without parental consent.

## Resources

- [CDC Sexually Transmitted Diseases](#)
- [CDC STD Treatment](#)

**1st stage:** 1 or more painless sores (genital, anus, rectum, mouth)

**2nd stage:** Skin rash, swollen lymph nodes, fever

**Latent stage:** No signs or symptoms.

Incubation Period	10–90 days, average 21 days
Contagious Period	Can be contagious without signs or symptoms.

## Recommended Actions

Refer to health care provider for diagnosis and treatment. There is a cure for syphilis.

Cases:  
None

Contacts:  
None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Spread by direct contact with lesion(s).

From an infected mother to her unborn baby.

## Prevention

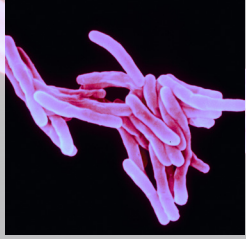
Condoms can reduce the risk of infection with syphilis. Use [latex condoms](#) the right way every time you have sex.

Be aware that birth control (other than condoms) do not protect against STDs.

To completely avoid STDs, one needs to not have vaginal, anal or oral sex.

[Back to the top](#)

Image by NIH



# Tuberculosis (primary)

## Additional Information:

In areas where TB is prevalent, testing will identify individuals who may be infected. Foreign-born adults and children show increased rates of infection, as do individuals with HIV infection, close contacts of individuals with TB infection, and residents of long-term care facilities.

Discuss with the local health department for advice on developing health policies regarding tuberculosis testing for staff, volunteers, and children.

People can also have TB disease elsewhere in their body. If the infection is anywhere but the lungs or trachea, it cannot be spread to others.

## Resources

- [CDC Tuberculosis](#)
- [ADHS Tuberculosis Control Program](#)

Tuberculosis is a respiratory illness caused by a bacteria.

Symptoms can include:

- Cough (may produce bloody sputum)
- Fever
- Weight loss
- Poor appetite
- Night sweats
- Chest pain
- Feeling weak or tired

Usually are sick for more than 3 weeks, and not improving.

Incubation Period	May be from months to a lifetime
Contagious Period	As long as living bacteria are in the sputum.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude cases until laboratory examination of sputum demonstrates tuberculosis bacteria are no longer present or according to more specific guidance established by the local health department.

### Contacts:

The local health department will assist in completing investigation and screening of household, school and child care contacts. The local health department will provide information regarding management guidelines for TB.

Please see [Arizona Administrative Code R9-6-380](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

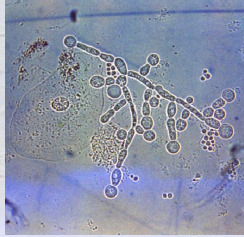
Breathing in infected airborne particles that are transmitted through the air when someone suffering from TB disease of the lungs (or throat) coughs, sneezes, talks, laughs, or sings.

## Prevention

Those infected with the TB germ can take medication to kill the bacteria before they become ill.

[Back to the top](#)

Image by Sanofi Pasteur CC BY-NC-ND-2.0



# Thrush/Yeast Diaper Rash

## Additional Information:

Special attention must be given to items contaminated with the saliva of infected children such as bottles, feeding utensils, pacifiers, mouthed toys, bibs and clothing wet with drool, and medication implements.

Make sure the child's bottle and pacifier are labeled and not "shared" with others.

Children with yeast diaper rash must have their diapers changed immediately after they become wet or soiled.

The child's bottom should be cleaned with soap and water, rinsed well, and gently patted dry. Avoid the use of corn starch, powders, ointments, and diaper wipes containing alcohol as they can further irritate the skin and cause discomfort. Use only the ointments or medications recommended or prescribed by the child's health care provider. Clean and sanitize diaper changing surfaces well.

## Resources

- [CDC Thrush](#)
- [CDC Candidiasis](#)

Thrush and yeast diaper rash are fungal infections that are caused by *Candida*.

## Thrush:

- Redness or soreness in the affected areas (mouth and/or throat)
- Difficulty swallowing
- Cracking at the corners of the mouth.

## Yeast Diaper Rash:

- Bright red rash in the diaper area

Incubation Period	Unknown
Contagious Period	Unknown

## Recommended Actions

If signs and symptoms are present, refer to a health care provider for clinical management.

## Cases:

None

## Contacts:

None

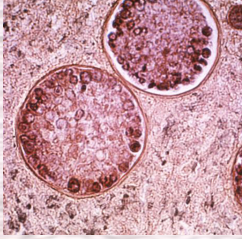
\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Most yeast infections are not considered contagious.

## Prevention

Careful [hand-washing](#) after contact with affected areas, secretions, or items contaminated with secretions is important.



# Valley Fever (*Coccidioidomycosis*)

## Additional Information:

The fungus is mostly found in the Southwest and is endemic to Arizona.

Early signs and symptoms of valley fever can imitate other respiratory conditions or illnesses.

Valley Fever is a fungal infection that is caused by *Coccidioides* spp.

40% of people will develop signs and symptoms such as:

- Exhaustion
- Cough
- Fever
- Chest pain
- Joint pain
- Night sweats
- Rash

Incubation Period	1–4 weeks
Contagious Period	Not spread person-to-person

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

None

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Inhaling fungus spores from the soil, most commonly from dust in the air.

## Prevention

There is no way to prevent Valley Fever.

Anyone in areas where the fungus lives can breathe in infectious spores.

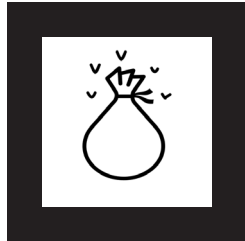
Avoid activities that stir up dirt and stay out of blowing dust.

## Resources

- [CDC Valley Fever](#)
- [ADHS Valley Fever](#)
- [Valley Fever Center for Excellence](#)



# Preventing Infections



## Bagging

Items which are visibly contaminated or potentially infectious must be separated from the general trash and placed into a separate, closed (tied off or taped) plastic bag.

- Before bagging, bulk stool or vomit may be discarded into the toilet. DO NOT rinse, shake, wring or dunk items.
- Disposable diapers, diaper wipes, gloves, bandages, paper towels used to clean contaminated areas, etc., must be placed into a plastic bag and sealed before disposal into the general trash.
- All paper towels, bandages, cotton, gauze, gloves, etc., used for any type of bleeding injury and sanitary napkins, must be discarded into a separate sealed, plastic bag before discarding into a plastic-lined trash receptacle.

### Other Waste:

- All contaminated syringe needles, blades, broken glass, must be discarded in an appropriate penetration-resistant container.
- Discard waste in compliance with state and local guidelines.



# Bleach and Water Solutions

[EPA-registered](#) bleach products are described as sanitizers and disinfectants (not “laundry bleach”). Check the label to see if the product has an EPA registration number and follow the manufacturer’s safety and use instructions. Never mix bleach with other cleaners or chemicals. Always label containers with the contents.

Follow state or local recommendations and/or manufacturer’s instructions for creating solutions to sanitize or disinfect surfaces. A weak concentration of bleach may make the mixture ineffective; however, using too much (a strong concentration) bleach may create a potential health hazard.

- Select a clean bottle made of opaque material.
- Make a fresh bleach dilution daily; label the bottle with contents and the date mixed.
- Wear gloves and eye protection.
- Use a funnel to avoid spills.
- Add bleach to water to reduce fumes. Make sure the room is well ventilated.
- Store out of reach of children.

## **Additional Resources:**

[Selected EPA-registered Disinfectants](#)



# Cleaning/Sanitizing/Disinfecting

<b>Cleaning</b>	Removes soil, debris, and oils and reduces the number of germs using soaps, detergents, or cleaners.
<b>Sanitizing</b>	Reduces but does not eliminate germs on inanimate surfaces to levels considered safe by public health standards.
<b>Disinfecting</b>	Kills or inactivates germs (but not spores) on objects or surfaces. This can involve the use of chemicals or very high heat.

- Items or surfaces must be cleaned before sanitizing or disinfecting.
- Facility-approved disinfecting solutions may be preferred over bleach solutions. However, care must be taken to prevent toxic substances from accumulating or remaining on items which may go into the mouth.
- During outbreaks of norovirus in the community, the local health department may stress the importance using EPA-registered disinfectants for disinfecting in the group setting.
- Sponges are not recommended for sanitizing activities.
- Dishwashers clean items, and can assist in the sanitizing process if the water temperature is hot enough, the water pressure is adequate, and the cycle length is appropriate.

## Additional Resources:

[Selected EPA-registered Disinfectants](#)



# Diapering

Arizona Administrative code R9-5-503 requires that each diaper changing area contains:

1. A nonabsorbent sanitizable diaper changing surface that is **a)** seamless and smooth and **b)** kept clear of items not required for diaper changing
2. A hand-washing sink next to the diaper changing surface for staff use when changing diapers and for washing the child during or after diapering that provides: **a)** Running water between 86°F and 110°F; **b)** Soap from a dispenser; and **c)** Single-use paper hand towels from a dispenser
3. At least one waterproof, sanitizable container with a waterproof liner and a tight fitting lid for soiled diapers
4. At least one waterproof, sanitizable container with a waterproof liner and tight fitting lid for soiled clothing

Staff members must not:

- Bring bottles, formula, food, eating utensils, or prepare food in a diaper changing area.
- Draw water for human consumption from a diaper changing area sink.
- If responsible for food preparation, change diapers until food preparation duties have been completed for the day.
- A staff member who provides child care services to an infant:
  - May throughout the time the staff member provides child care services to the infant:
    - a) Change the infant's diaper and
    - b) Prepare the infant's formula or cereal.
  - May not prepare other's food after changing the infant's diaper.

**A written diaper changing procedure must be posted and implemented in each diaper changing area.**



The written diaper changing procedure must state that an enrolled child's diaper is changed as soon as it is soiled, and that staff members, when diapering:

1. Uses a separate wash cloth and towel only once for each enrolled child.
2. Washes and dries the enrolled child using the enrolled child's individual personal products.
3. Uses single-use non-porous gloves.
4. Washes the staff member's own hands with soap and running water between 86°F and 110°F before and after each diaper change.
5. Washes each enrolled child's hands with soap and running water between 86°F and 110°F before and after each diaper change.
6. Cleans, sanitizes, and dries the diaper changing surface following each diaper change.
7. Uses single-use paper towels from a dispenser to dry the diaper changing surface or the hands of the enrolled child or staff member.

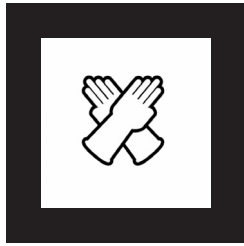
**Requirements for an activity area with a diaper changing area:**

- The containers are required above are inaccessible.
- A staff member will document each diaper change. For an infant, in the infant's dated, daily, documentation required in R9-5-502(C)(1)(d). For an enrolled child who is not an infant, in a dated diaper changing log.
- A staff member will maintain the diaper changing log on facility premises for 12 months after the date of the diaper changing log.
- A staff member will empty clothing soiled with feces into a flush toilet without rinsing.
- A staff member will place an enrolled child's clothing soiled by feces or urine in a plastic bag labeled with the enrolled child's name, store the clothing in a container used for this purpose, and send the clothing home with the enrolled child's parent.

A staff member will remove disposable diapers and disposable training pants from a diaper changing area as needed or at least twice every 24 hours to a waste receptacle outside the facility building.

**Additional Resources:**

[CDC: Diaper-Changing Steps for Childcare Settings](#)  
[CDC: When & How to Wash Your Hands](#)



# Gloves

Latex or vinyl single-use non-porous gloves are to be used by individuals performing tasks which may bring them into contact with disease-causing germs.

## **WEAR GLOVES FOR HIGH RISK PROCEDURES SUCH AS:**

- Cleaning up vomit, stool, blood, urine, pus, and body fluids or secretions.
- Changing bandages, especially of blood, pus, or signs of infection are present.
- Cleansing or controlling bleeding wounds, or broken skin, such as nosebleeds, tooth loss, and cuts, scrapes, etc.
- Changing diapers, especially with loose stools.
- Handling linens, clothing, diapers, equipment or surfaces that have been soiled with blood, vomit, stool, urine or body fluids.

## **Gloving Guidelines**

- Gather all supplies and equipment before putting gloves on.
- Wash hands prior to using gloves if hands are visibly soiled.
- Remove gloves immediately after completing tasks by peeling them off of hands, turning gloves inside out and discarding.
- After removing gloves, proceed with tasks of re-diapering, re-bandaging, replacing supplies, etc.
- Discard visibly contaminated and potentially contaminated gloves into a separate, closed plastic bag before disposal into a plastic-lined trash receptacle.
- Wash your hands immediately after removing gloves and before moving to any other activity.

## **Gloving Reminders:**

- Care must be taken to prevent contaminated gloves from infecting others or the environment.
- Gloves used for infection control procedures must be discarded immediately. They must be single use, disposable gloves. NEVER re-use these gloves!
- Utility gloves may be used for general cleaning activities and can be washed and sanitized for re-use. These gloves are a heavier, sturdier glove made of a rubber-type material.

## **Additional Resources:**

[Standard and Universal Precautions in the Child Care Setting](#)  
[Employee Health and Personal Hygiene - for CHILD CARE CENTER STAFF](#)  
[Caring for Our Children: National Health and Safety Performance Standards](#)

[Back to the top](#)



# Hand Washing

Hand washing is a disease prevention practice which must be done correctly and at appropriate times to be effective.

## Hand Washing Proper Procedure

1. Wet hands under running water and apply plenty of soap to make a good lather.
2. Rub the hands together vigorously with the soap. Wash the front and backs of hands, your fingertips, between your fingers, and under your nails.
3. Scrub for at least 20 seconds (Approximately the time it takes Happy Birthday twice).
4. Rinse well with running water.
5. Dry hands with a clean disposable towel or wall-mounted drying device.
6. Turn off the water using a paper towel.

Supplies include:

- Warm, running water
- Sinks that drain quickly and completely
- Liquid soap, wall-mounted or pump
- Single-use disposable paper towels, or commercial hand-drying blowers
- Plastic-lined trash container for soiled paper towels

## Hand Sanitizers

- Use when soap and water are not available.
- Not effective when hands are visibly soiled.
- Only use for children over 24 months of age.
- A small amount should be placed in the hands per manufacturers recommendations.
- Hands should be rubbed together spreading the sanitizer to all surfaces including between the fingers and thumb.
- Allow hands to air dry.
- Sanitizers should contain at least 60% alcohol.
- Supervise young children's use of hand sanitizers and store out of their reach.

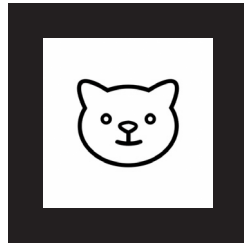


# Laundry

Fabrics contaminated with blood, stool, vomit, pus, mucus or other body fluid must be laundered separately from the general laundry.

- Bag contaminated laundry where it became soiled. Do not carry unbagged contaminated laundry across the facility to the laundry room.
- All clothing which has been soiled with urine, vomit, stool, blood or other body fluid must be placed into a separate plastic bag, labeled with the owner's name and sent home for laundering.
- Store the contaminated, labeled, laundry bags in a separate plastic lined receptacle until laundry is picked up by parents, laundry service or laundered at the program site. Do not place in cubbies or diaper bags, as these areas often contain clean items, food and/or bottles.
- Wash contaminated laundry in hot water (at least 160 degrees Fahrenheit) for 20 minutes.
- Add an [EPA-registered bleach product](#) for sanitizing and disinfecting according to the manufacturer's safety and use instructions to the washer along with laundry detergent in a regular wash cycle.
- Add an [EPA-registered bleach product](#) for sanitizing and disinfecting according to the manufacturer's safety and use instructions to sink solutions.
- Automatic clothes dryers on hot settings and direct sunlight assist in the germ-killing process.





## Pets & Animals

Arizona Administrative code R9-5-513 requires written documentation of current immunizations against rabies for each ferret, dog, or cat that is present on facility premises must be maintained.

**Staff members must:**

- Keeps all pet and animal habitats clean.
- Prohibits reptiles, such as turtles, iguanas, snakes, and lizards, in the facility.
- Prohibits birds in food preparation and eating areas.
- Keeps pets and animals clean.
- Prohibits pets and animals from endangering an enrolled child, staff member, or other individual on facility premises.
- Keeps birds and animals such as horses, sheep, cattle, and poultry in an enclosure that is not accessible to an enrolled child except as part of an activity.

Additional Resource:

[CDC: When & How to Wash Your Hands](#)

The Infectious Disease Flip Chart is maintained by the Office of Infectious Disease at the Arizona Department of Health Services.

If there are any questions or concerns please contact us at (602) 364-3676

Also check out our **free** mobile app for Arizona school nurses, health aides, and child care staff.

