

SAN DIEGO UNIFIED SCHOOL DISTRICT

NURSING AND WELLNESS PROGRAM

COMMUNICABLE DISEASE INFORMATION

TO PARENTS OR GUARDIANS:

The diseases checked below are now occurring in your child's school and your child may have been exposed. You may want to call your physician if any of the symptoms listed here appear. Better protection for all results when ill children are kept home until they have recovered. Household contacts of sick children may attend school as long as they are not ill.

- CHICKENPOX** - Small water blisters on the scalp and neck and covered parts of body are usually the first signs noticed. Blisters itch and break easily. The child may become cross, tire easily and have a fever during the first few days of the disease. Incubation period* is from 2 to 3 weeks, commonly 13 to 17 days. Sick pupils must be kept at home for 7 days from appearance of rash and until all symptoms have disappeared.

- STREPTOCOCCAL SORE THROAT** - Suddenly ill with vomiting, fever, sore throat, and headache. Usually within 24 hours a bright rash appears. Some cases may not have the rash, although the disease is just as serious. Incubation period* is 1 to 3 days. Your private physician should be contacted for diagnosis and treatment. If your child has strep throat or scarlet fever confirmed by your doctor, child may return to school after 24 hours of treatment and complete disappearance of symptoms.

- FIFTH DISEASE** - Red cheeks (slapped face appearance) lasting 1 to 4 days, followed by rash on arms, chest, back, or legs. Child does not feel ill. It is contagious before the rash appears. Exclusion from school is not necessary since the contagious period is prior to the onset of the physical signs (rash). Incubation period* 4 to 14 days; can be as long as 20 days. No treatment required. Pregnant women exposed to Fifth Disease should consult their physician.

WHOOPING COUGH, DIPHTHERIA, TETANUS, POLIOMYELITIS, MUMPS, RUBELLA (GERMAN MEASLES), RUBEOLA (MEASLES) and VARICELLA (CHICKENPOX) can be prevented by immunizations. If your child has not been immunized against them, consult your physician or the County Department of Public Health.

*Incubation period means the time required for the disease to appear after exposure.