

Chapter 8

INFECTIOUS DISEASE CONTROL

INFECTIOUS DISEASES

Infectious diseases are illnesses caused by specific organisms: viruses, bacteria, fungi, or parasites. Infectious diseases that can be spread from one individual to another are called *contagious* or *communicable* diseases. Contagious illnesses are among the major problems that school health programs face, causing absences and physical discomfort for students and staff.

This chapter describes infectious diseases and ways to prevent their spread. Responsibility for care of individual students rests with their families and their health care providers. In all cases, diagnosis, testing, treatment, and follow-up must be performed by properly trained, licensed, registered, or certified medical personnel.

Infectious disease control measures in schools include:

- preventing infection from spreading;
- requiring certain immunizations;
- reporting some illnesses;
- temporarily excluding some children who are ill or may be incubating communicable disease; and
- preparing to respond to outbreaks and emergencies of all types..

The diseases to be discussed in this chapter are divided into 8 categories:

1. Vaccine-Preventable Diseases

- Chickenpox (Varicella)
- Diphtheria
- *Haemophilus influenzae* type b (Hib)
- Hepatitis A (discussed in section "Diseases Spread Through the Intestinal Tract")
- Hepatitis B (discussed in section "Diseases Spread Through Blood Contact")
- Measles
- Mumps
- Pertussis
- Pneumococcal disease (invasive)
- Polio
- Rubella
- Tetanus

2. Diseases Spread Through the Intestinal Tract

- *Salmonella*
- *Shigella*
- *Campylobacter*



- *E. coli* O157:H7
- *Giardia*
- Norovirus
- Pinworms
- Hepatitis A
- Hand, foot, and mouth syndrome (coxsackievirus)

3. Diseases Spread Through the Respiratory Tract

- Respiratory viral illnesses (colds, influenza)
- Group A streptococcal infections (strep throat, scarlet fever)
- Fifth disease (erythema infectiosum)
- Invasive meningococcal disease
- Severe acute respiratory syndrome (SARS)
- Meningitis
- Infectious mononucleosis
- Cytomegalovirus (CMV) infection
- Tuberculosis (TB)

4. Diseases Spread Through Direct Contact

- Impetigo
- Ringworm (tinea)
- Conjunctivitis (pinkeye)
- Scabies - body lice
- Pediculosis (head lice)
- Herpes simplex infection
- MRSA + staph skin infections.

5. Diseases Spread Through Blood Contact

- Hepatitis B
- Hepatitis C
- HIV/AIDS

6. Sexually Transmitted Diseases

- Syphilis
- Gonococcal infection (GC)
- Chlamydia
- Warts - not necessarily sexually transmitted
- Genital herpes

7. Diseases Spread from Animals to People (Zoonotic Diseases)

- Rabies
- Tickborne diseases
- Arbovirus diseases (diseases spread by mosquitoes)

8. Sports-Associated Infectious Diseases

