

Disease Guidance for Idaho K-12 Schools

August 2021



Introduction

Throughout the novel coronavirus disease 2019 (COVID-19) pandemic, Idaho's K-12 schools have taken an active role in disease prevention, which has been essential to limiting the spread of illness but has required a great deal of planning, time, and effort. The Department of Health and Welfare (DHW) and seven local public health districts (PHDs) are grateful for school partnerships and are dedicated to supporting K-12 schools. To supplement existing school sick policies*, disease information and guidance has been available across multiple sources, including Idaho Administrative Procedures Act <u>IDAPA 16.02.10</u>**, the <u>Child Care Provider's Manual</u>, and the U.S. Centers for Disease Control and Prevention (CDC) website. The DHW Epidemiology Section has compiled information from these sources to provide clear, succinct, and accessible disease information for K-12 schools in the form of this Disease Guidance for Idaho K-12 Schools document. This tool should serve as a resource for responding to a suspected or confirmed disease in the school setting among students, teachers, or other staff, including determining when local public health officials should or must be notified. Diseases are listed in a matrix, nested under illness type with information on symptoms, transmission, incubation period, contagious period, reporting requirements, and exclusion information for cases and contacts.

^{*}School sick policies are created by the individual school or district. Some, but not all, diseases in this document are school-restrictable under Idaho administrative code (IDAPA 16.02.10). Diseases that are not school-restrictable can be managed using your school or school district's sick policy.

^{**}Information in the Disease Guidance for Idaho K-12 Schools document aligns with Administrative Code IDAPA 16.02.10 but is not a replacement for IDAPA 16.02.10. School-restrictable diseases must be managed per IDAPA 16.02.10.



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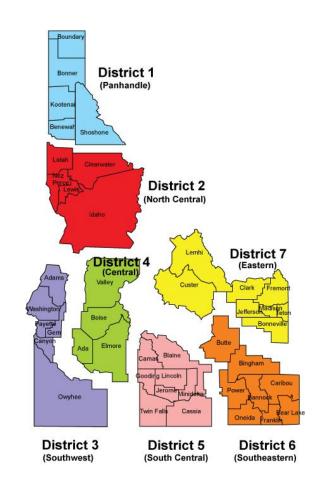


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Public Health Contact information

Public Health Department Name	Epidemiology Phone Number							
1. Panhandle Health District	208-415-5100, ask to speak with epidemiology							
Public Health - Idaho North Central District	208-799-3100, ask to speak with epidemiology							
3. Southwest District Health	208-455-5442							
4. Central District Health	208-327-8625							
5. South Central District Health	208-737-5966							
6. Southeastern Idaho Public Health	208-478-6303							
7. Eastern Idaho Public Health	208-533-3152, ask to speak with epidemiology							
Idaho Department of Health and Welfare, 208- 334-5939 Epidemiology Section								





Definitions

Case: A person, who has been diagnosed as having a specific disease or condition by a physician or other healthcare provider. The diagnosis may be based on clinical judgment, on laboratory evidence, or both.

Contact: A person who has been exposed to a case or a carrier of a communicable disease while the disease was communicable, or a person by whom a case or carrier of a communicable disease could have been exposed to the disease. Public health officials can help you identify contacts.

Cluster: Two or more cases of an illness or condition within a specific timeframe or geography.

Outbreak: An unusual rise in the number of cases of a disease. An outbreak may consist of a single case.

School-restrictable disease: Disease that require mandated restriction from attendance or work in an Idaho school. These diseases are:

- Conjunctivitis
- Cutaneous fungal infections
- Diphtheria
- Haemophilus influenzae invasive disease
- Measles
- MRSA
- Neisseria meningitidis invasive disease
- Norovirus
- Novel influenza A virus
- Pediculosis
- Pertussis
- Plague

- Pneumococcal invasive disease
- Poliomyelitis
- Rubella
- Scabies
- SARS
- Shigellosis
- Smallpox
- Staphylococcus infections other than MRSA
- Streptococcal pharyngeal infections
- Streptococcus pyogenes (Group A strep), invasive or resulting in Rheumatic fever
- Tuberculosis
- Varicella



<u>Legend</u>



This symbol indicates a disease that can be prevented by vaccination.



This symbol indicates a disease that schools must report to the local health department.



This symbol indicates a school-restrictable disease.



	Gastrointestinal									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School				
Amebiasis	Fever, chills, diarrhea, bloody stool, loss of appetite, weight loss, abdominal cramps; some people do not have symptoms	Fecal-oral Contaminated food/water/hands	2-4 weeks	Throughout infection; can be infectious for years without treatment	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Special Circumstance If food service employee, contact local public health for further guidance. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene: CDC Hand Washing Video. Contact public health for guidance if a cluster emerges.				



	Gastrointestinal								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School			
Campylobacteriosis	Cramps, diarrhea, bloody stool, fever, nausea, vomiting	 Contaminated food/water/hands Animal contact 	2-5 days	2-7 weeks without treatment 2-3 days with treatment	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Special Circumstance If food service employee, contact local public health for further guidance. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.			



			Gastroin	testinal		
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School
Cholera	Watery diarrhea, dehydration, vomiting, thirst, leg cramps, restlessness, irritability	Fecal-oral Contaminated food/water/hands	2 hours-5 days	Contagious until symptoms resolve	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Special Circumstance If food service employee, contact local public health for further guidance. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.



			Gastroin	testinal		
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School
Cryptosporidiosis	Watery diarrhea, fatigue, abdominal cramps, fever, nausea, vomiting, dehydration, weight loss	Fecal-oral Contaminated food/water/hands	2-10 days	2-3 weeks after symptoms resolve, sometimes longer	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Special Circumstance If food service employee, contact local public health for further guidance. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.



	Gastrointestinal									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School				
E. coli, Shiga toxin-producing (STEC)	Severe (often bloody) diarrhea, abdominal pain, vomiting	 Fecal-oral Contaminated food/water/hands Animal contact 	Average: 3-4 days Range: 1- 10 days	Contagious throughout infection, usually 1-3 weeks. A test ordered by the healthcare provider can determine when case is no longer infectious.	K-12 schools must report within 1 working day.	Case: Follow school policy for managing students or staff diagnosed with illness. Special Circumstance If food service employee, contact local public health for further guidance. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.				



			Gastroin	testinal		
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School
Giardia	Diarrhea, abdominal cramps, bloating, fatigue, weight loss, pale, greasy stools; may be asymptomatic	Fecal-oral Contaminated food/water/ hands (most often contaminated water)	Average: 7 days Range: 1- 14 days	Contagious throughout active infection	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Special Circumstance If food service employee, contact local public health for further guidance. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.



			Gastroin	testinal		
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School
Hepatitis A	Fever, malaise, loss of appetite, diarrhea, nausea, abdominal discomfort, dark-colored urine, jaundice	Fecal-oral Contaminated food/water/hands	Average: 28 days Range: 15-50 days	1-2 weeks before symptom onset until at least 1 week after, but can last up to six months in children and immune compromised individuals	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Special Circumstance If food service employee, contact local public health for further guidance. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.



	Gastrointestinal									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School				
Norovirus	Nausea, vomiting, abdominal cramps, diarrhea, fever, headache	 Fecal-oral Contaminated food/water/hands Person-toperson via aerosolized vomit 	12-48 hours	Contagious from onset to approximately 2-3 days after recovery, sometimes longer	K-12 schools may report if guidance is needed from public health.	Case: School-restrictable disease. Must be restricted from school until no symptoms are present. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.				



	Gastrointestinal									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School				
Salmonellosis	Diarrhea, abdominal cramps, fever, vomiting, headache	 Fecal-oral Contaminated food/water/hands Animal contact Personperson transmission (rare) 	12-72 hours	Contagious throughout active infection, several days to several weeks	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Special Circumstance If food service employee, contact local public health for further guidance. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.				



			Gastroin	testinal		
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School
Shigellosis	Abdominal cramps, diarrhea, bloody stool, fever	 Fecal-oral Contaminated food/water/hands 	1-3 days	Contagious throughout infection until bacteria no longer detectable in stool (usually 1- 4 weeks)	K-12 schools must report within 1 working day.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.
Food or Water Poisoning	Nausea, abdominal cramps, upset stomach, vomiting, diarrhea, fever	Contaminated food/water/hands	30 minutes-8 hours	Not Contagious person to person	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Contacts: N/A, but if a cluster of similar illnesses with a possible shared food/water exposure emerges, contact public health for guidance.



	Eye Disease									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Exclusions/Return				
Conjunctivitis (Pink Eye)	Yellow or clear discharge from one or both eyes, swollen or puffy eyelids, pink or red eyes, itching, irritation, crusting, light sensitivity	 Discharge from eyes Respiratory secretions Contaminated fingers Shared eye make-up applicators 	Usually 1-3 days	Contagious throughout active infection	K-12 schools <i>may</i> report if guidance is needed from public health.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: Encourage good hand hygiene. Monitor and isolate if signs/symptoms develop.				



	Rash/Skin								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Allergic Reaction	Hives, rash, congestion, swelling, anaphylaxis in severe cases	Not communicable - develops after exposure to allergen	N/A	N/A	K-12 schools may report if guidance is needed from public health.	Case: Refer for medical care if case experiences anaphylactic reaction. Contacts: No intervention necessary.			



	Rash/Skin									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School				
Chicken Pox (Varicella)	Early rash resembles insect bites, progresses to red, raised lesions with small blisters, accompanied by low-grade fever, loss of appetite, headache	 Respiratory droplets Blister secretions 	Average: 14-16 days Range: 10- 21 days	1-2 days before rash onset until all chickenpox lesions have crusted/scabbed over	K-12 schools may report if guidance is needed from public health.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: Encourage respiratory etiquette CDC respiratory etiquette video and good hand hygiene. Monitor and isolate if signs/symptoms develop. Contact public health for guidance if a cluster emerges.				



	Rash/Skin								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Fifth Disease	Low grade fever, fatigue, body aches, flushed cheeks, lace-like rash on trunk, arms, and legs	 Respiratory droplets Mother to baby Blood/blood products 	4-21 days	1 week prior to appearance of rash (most infectious 1- 2 days before rash develops	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Contacts: Encourage respiratory etiquette and good hand hygiene.			
Heat Rash	Bands or patches of reddened skin or blisters on surfaces on arms, legs, necks, waist with prickly sensation.	Not communicable - caused by exposure to heat with blocked pores	N/A	N/A	K-12 schools may report if guidance is needed from public health.	No exclusion from school is necessary.			



	Rash/Skin									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School				
Impetigo	Lesions/blisters on mouth and nostrils, sometimes near eyes	Direct or indirect contact with lesions and discharge	Up to 10 days	Contagious while blisters are open/draining	K-12 schools may report if guidance is needed from public health.	Case: Follow School policy for managing students or staff diagnosed with illness. Additional Guidance: If blisters cannot be covered, case should stay home from school until 24 hours after the start of antibiotic regimen determined by healthcare provider, or if antibiotics are not used, until blisters have dried out. Contacts: Encourage good hand hygiene. Monitor for symptoms.				



	Rash/Skin								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Head Lice (Pediculosis)	Itchy scalp, neck, and behind ears. Scalp can be pink/dry/irritated and flaking.	Head-head contact Shared personal items such as clothing or bedding	1-2 weeks	Until lice and all viable eggs are destroyed (1-2 shampoo treatments and nit combing)	K-12 schools may report if guidance is needed from public health.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Additional Guidance: Notify parents and encourage prompt shampoo and nit combing treatment. Individual may attend school once treated. Contacts: Monitor for signs/symptoms. Contact local public health for guidance if cluster emerges.			



	Rash/Skin								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
MRSA Methicillin- resistant Staphylococcus aureus	Fever, swollen, painful draining lesion that resembles an insect bite.	Skin-to -skin contact Contact with surfaces contaminated with lesion drainage	Varies	Contagious while lesion is draining	K-12 schools may report if guidance is needed from public health.	Case: School-restrictable disease. Must be restricted from school if lesion is exposed and not protected by an impermeable cover. IDAPA 16.2.10 Administrative Rules Contacts: No exclusion is required; encourage good hand hygiene and sanitize shared spaces.			



	Rash/Skin								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Ringworm (Cutaneous Fungal Infection tinea)	Round patch of red, dry skin with raised red ring, temporary hair loss in affected area	Direct contact with infected person Direct contact with infected animal Direct contact with contaminated surface	4-14 days	Until 48 hours after treatment	K-12 schools may report if guidance is needed from public health.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: School exclusion is not indicated. Monitor and isolate if signs/symptoms develop.			



	Rash/Skin									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School				
Scabies	Extreme itching, worse at night, skin rash with raised bumps.	Direct skin-to- skin contact	2-6 weeks for first exposure, 1-4 days for re- exposures	Contagious until mites are destroyed with proper medication treatment	K-12 schools may report if guidance is needed from public health.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules See Contagious Period to make this determination. *A patient who refuses treatment, should consult a medical provider to determine when they may safely return to school. Contacts: Inspect for evidence of infestation; refer for treatment if indicated. Contact public health for guidance if a cluster emerges.				



	Respiratory with Rash								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Hand, Foot & Mouth (Coxsackie Virus/ Enterovirus)	Sudden onset, fever to 103°F. Sore throat, cold-like symptoms, headache, tired, nausea, vomiting, diarrhea. Red, raised rash, mostly on trunk and face. May appear on palms of hands/soles of feet. May see blisters in mouth; fluid filled bumps on hands, feet	 Respiratory secretions (saliva, drool, nasal mucus). Fluid from blisters or scabs Feces 	Average: 3- 7 days, but can be longer	From 2-3 days before onset through several days after onset. The virus can shed in feces for weeks following infection.	K-12 schools may report if guidance is needed from public health.	Case: Follow School policy for managing students or staff diagnosed with illness. Additional Guidance: Ensure fever has subsided and rash/blisters have dried and can be covered before individual returns to school. Contacts: Encourage respiratory etiquette and good hand hygiene. Monitor for symptoms and isolate if symptoms develop. Contact public health for guidance if a cluster emerges.			



	Respiratory with Rash								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Measles X	Fever, cough, runny nose, red, watery eyes, rash on face, then body, sometimes white spots inside mouth	 Respiratory droplets Airborne via cough or sneezes 	Average 10- 12 days Range 7-21 days	4 days before to 4 days after rash develops	K-12 schools must report within 1 working day.	Case: School-restrictable disease. Must be restricted from school until disease is no longer in communicable form. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district to determine when they can safely return.			
						Contacts: Encourage respiratory etiquette and good hand hygiene. Isolate contacts with no documentation of immunity until vaccination is obtained, or threat of further spread of the disease is contained-consult Public Health.			



	Respiratory with Rash								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Mumps Control Control	Fever, headache, chills, swelling of salivary glands (parotitis)	Airborne via cough or sneezes Direct contact with saliva (sharing water bottles, cups, kissing)	Average 16- 18 days Range 12- 25 days	A few days before up to 5 days after onset of parotitis	K-12 schools must report within 3 working days.	Case: School-restrictable disease. Must be restricted from school until 9 days after onset of parotid swelling. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene and respiratory etiquette. Monitor for signs/symptoms and isolate if symptoms present. Contact public health for guidance if a cluster emerges.			



	Respiratory with Rash								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Rubella X	Fever, rash, enlarged head and neck lymph nodes, joint pain	Respiratory Droplets Airborne via cough or sneezes	Average: 14-17 days Range: 12- 23 days	7 days before to 7 days after rash appears	K-12 schools must report within 1 working day.	Case: School-restrictable disease. Must be restricted from school until disease is no longer in communicable form. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district to determine when they can safely return. Contacts: Consult local public health for further guidance. Isolation may be indicated for unimmunized contacts. Refer pregnant unimmunized contacts to their medical provider.			



	Respiratory with Rash								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Scarlet Fever	Fever, sore throat rash on neck, chest, arms, elbows, groin, thighs, vomiting, fatigue, flushed face, red "strawberry" tongue	Respiratory droplets	2-5 days	7 days before symptoms start until 24 hours after starting antibiotics AND afebrile for at least 24 hours	K-12 schools may report if guidance is needed from public health.	Case: Follow School policy for managing students or staff diagnosed with illness. Additional Guidance: Ensure individual is afebrile and has received effective treatment* for at least 24 hours before returning to school. *A patient who refuses treatment, should consult their healthcare provider to determine when they may safely return to school. Contacts: Encourage good hand hygiene and respiratory etiquette. Monitor and isolate if signs/symptoms develop.			



	Respiratory with Rash								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Routine vaccination of general public discontinued in 1972 after disease was eradicated in US; may be administered to combat outbreak if one occurred.	High fever, headache, body aches, vomiting, rash on tongue, mouth sores, followed by rash and fluid filled pustules on face and body, which eventually scab and fall off	 Direct, prolonged face-to-face contact Exposure to infected body fluids Exposure to contaminated objects 	Average 10- 14 days Range 7-19 days	Contagious until all scabs have fallen off, typically 4 weeks after rash appears	K-12 schools must report immediately.	Case: School-restrictable disease. Must restrict from school until disease is no longer in communicable for (see Contagious Period) IDAPA 16.2.10 Administrative Rules. Contacts: In the event of an outbreak, the Department or Health District may isolate susceptible children and employees from school facilities where a case has been identified until adequate immunization is obtained or the threat of further spread is contained.			



	Respiratory with Rash								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School			
Strep Throat	Fever, raw sore throat, rash, enlarged lymph nodes, pain with swallowing	Respiratory droplets	2-5 days	24 hours after antibiotics AND afebrile for at least 24 hours	K-12 schools may report if guidance is needed from public health.	Case: Follow School policy for managing students or staff diagnosed with illness. Additional Guidance: Ensure individual has received effective treatment* for at least 24 hours before returning to school. *A patient who refuses treatment, should consult a medical provider to determine when they may safely return to school. Contacts: Encourage good hand hygiene and respiratory etiquette. Monitor and isolate if signs/symptoms develop.			



	Respiratory									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School				
Allergies/ Asthma	Stuffy or runny nose, sneezing, itchy eyes	Exposure to environmental or food allergens	N/A Non- infectious	N/A Non- infectious	K-12 schools may report if guidance is needed from public health.	Case: No restriction from school is necessary- seek medical help if symptoms are severe. Contacts: N/A				



			Respira	atory		
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School
COVID-19 (SARS-CoV-2)	Fever, sore throat, shortness of breath, difficulty breathing, cough, runny nose, congestion, fatigue, vomiting, diarrhea, loss of taste/smell	 Respiratory droplets Airborne 	Average 4-5 days Range: 2- 14 days	2 days prior to symptom, possibly after symptom resolution- see exclusion guidance	COVID-19 is included in the Extraordinary Occurrence of Illness section of IDAPA 16.02.10. Schools should collaborate with the health department on contact tracing and case/contact guidance to prevent transmission in the school setting.	Case: School-restrictable disease. Must be restricted from school until 24hr with no fever and symptoms have improved and 10 days since onset. Work with Local Health Department. Contacts: Follow Idaho guidelines for in-school close contact exclusions. Work with local public health.



	Respiratory								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School			
Diphtheria	Weakness, sore throat, mild fever, swollen glands, thick gray coating in throat and nose. Can also infect the skin, causing open sores or ulcers	Respiratory droplets Touching infected open sores or ulcers	Average 2-5 days Range 1- 10 days	If treated appropriately, patient is no longer considered contagious 4 days after treatment. If not treated appropriately, patient can be contagious for up to 1 month.	K-12 schools must report immediately.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: Must isolate until they are determined to not be carriers by healthcare provider.			



	Respiratory								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School			
Haemophilus influenzae	Symptoms vary depending on infection: -Respiratory/ pneumonia -Bloodstream infection -Meningitis	Respiratory droplets	Unknown, probably short, 2-4 days	Contagious until 24 hours after treatment	K-12 schools must report within 1 working day.	Case: School-restrictable disease. Must be restricted from school until disease is no longer in communicable form (see Contagious Period).* IDAPA 16.2.10 Administrative Rules *A patient who refuses treatment, should consult a medical provider to determine when they may safely return to school. Contacts: Monitor for symptoms. Encourage good hand hygiene and respiratory etiquette. In certain circumstances, treatment is advised for close contacts. Collaborate with health department for the proper course of action.			



	Respiratory								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School			
Influenza	Fever, chills, headache, malaise, cough, sore through, nasal congestion, runny nose	Respiratory droplets	1-4 days	1 day prior to onset of symptoms to 1 week or more after onset	K-12 schools may report if guidance is needed from public health.	Case: Follow School policy for managing students or staff diagnosed with illness. Additional Guidance: Ensure that case has been afebrile for at least 24 hours before returning to school. Contacts: Encourage good hand hygiene and respiratory etiquette. Monitor and isolate if signs/symptoms develop.			
Mononucleosis	Fever, sore throat, fatigue, swollen lymph nodes, enlarged spleen.	Person to person via saliva	30-50 days	Prolonged, can be contagious for more than 1 year	K-12 schools may report if guidance is needed from public health.	Case: Follow School policy for managing students or staff diagnosed with illness. Additional Guidance: Individual should remain at home if unable to tolerate normal school activities. Individual should not participate in contact sports until recovered. Contacts: No restriction required.			



	Respiratory									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School				
Pertussis (Whooping Cough)	Coughing which gets worse within 1-2 weeks and becomes spasmodic and may be followed by a whooping sound. Vomiting may occur after coughing episodes.	Respiratory droplets	Average 7-10 days Range: 5- 21 days	Until 21 days from onset of symptoms OR Completion of 5 days of treatment	K-12 schools must report within 1 working day.	Case: School-restrictable disease. Must be restricted from school until completion of treatment or 21 days. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene and respiratory etiquette. Monitor and isolate if signs/symptoms develop. Treatment may be advised for close contacts. Report any clusters to public health agency.				



	Respiratory								
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School			
Streptococcus pneumoniae (Pneumococcal Invasive Disease)	Ear infection, sinusitis, pneumonia, or meningitis	Respiratory droplets	Varies; can be as short as 1-3 days	Until bacteria is no longer present in nose and throat. Treatment shortens contagious period.	K-12 schools must report within 3 working days.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: Encourage good hand hygiene and respiratory etiquette. Monitor and isolate if signs/symptoms develop. Contact local public health for further guidance.			
RSV Respiratory Syncytial Virus	Fever, coughing, nasal congestion, rapid breathing, sore throat, ear infection	Respiratory droplets	Average 5 days Range: 2- 8 days	3-8 days, infants are contagious for longer (3-4 weeks)	K-12 schools may report if guidance is needed from public health.	Case: Follow school policy for managing students or staff diagnosed with illness. Contacts Encourage good hand hygiene and respiratory etiquette. Monitor for signs/symptoms and refer for care if indicated. Contact public health for guidance if a cluster emerges.			



	Respiratory									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School				
SARS Severe Acute Respiratory Syndrome (different than COVID-19)	Fever, chills, headache, discomfort, body aches, diarrhea, dry cough, hypoxia	Respiratory droplets	2-7 days	Up to 10 days after fever and respiratory symptoms subside	K-12 schools must report within 1 working day.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules Recommendations for appropriate isolation of the suspected or confirmed case will be made by the Department or Health District. Contacts: Encourage good hand hygiene and respiratory etiquette. Work with local health department to determine contact risk and appropriate exclusions.				
Streptococcus pyogenes Group A (invasive or resulting in rheumatic fever)	Fever, muscle aches and pains, muscle tenderness, redness around wound, dizziness, confusion, full-body flat rash possible but rare	Respiratory droplets	12-24 hours	Individuals with strep throat or skin infection most likely to spread bacteria for 10-21 days without treatment, 24 hours with treatment	K-12 schools must report within 1 working day.	Case: Must be restricted until disease is no longer communicable. Work with local health department: IDAPA 16.2.10 Administrative Rules (page 46). Contacts: Encourage proper hand hygiene and respiratory etiquette. Monitor for signs/symptoms and refer for care if indicated.				



	Respiratory									
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubatio n Period	Contagious Period	Does School Need to Report?	Attendance in School				
Tuberculosis X	Active TB: Cough which lasts more than three weeks, loss of appetite, unintentional weight loss, fever, chills, night sweats	Airborne from cough, speaking, singing, sneezing	2-12 weeks	Until properly treated (physician and health department determine)	K-12 schools must report within 3 working days.	Case: School-restrictable disease. Must be restricted from school until they are determined noninfectious by a licensed physician, the Department or Health District. IDAPA 16.2.10 Administrative Rules Contacts: Encourage good hand hygiene and respiratory etiquette. Work with local health department to determine contact risk and appropriate exclusions.				



			Other			
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School
Neisseria meningitidis invasive disease (Meningococcal Disease) X	Fever, headache, stiff neck, nausea, vomiting, increased light sensitivity, irritability, vomiting	 Respiratory droplets Saliva 	Average 3-4 days Range: 1-10 days	3 days before symptom onset to about 10 days after	K-12 schools must report within 1 working day.	Case: School-restrictable disease. Must be restricted from school until disease is no longer in communicable form. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: Encourage good hand hygiene and respiratory etiquette. Work with local public health; antimicrobial prophylaxis or immunization may be recommended for some close contacts depending on exposure.



			Other			
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School
Plague (Yersinia pestis)	Swollen, tender lymph glands, fever, headache, chills, weakness	Bubonic Plague Fleas Infected domestic cats (rare) Contaminated meat, especially rodents Pneumonic Plague Inhalation of respiratory droplets from infected individuals	1-6 days	Pneumonic Plague contagious, but exact duration is unknown	K-12 schools must report immediately	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: Work with local public health. Contacts of a case with Pneumonic Plague must be placed on chemoprophylaxis and placed under surveillance for 7 days.



			Other			
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School
Poliomyelitis X	Sore throat, fever, fatigue, nausea, headache, stomach pain, progressive muscle or joint weakness and pain, atrophy, meningitis, paralysis	 Fecal-Oral Contaminated food/water Respiratory droplets (less common) 	Nonparalytic: 3-6 days Paralytic: 7-21 days	Until virus is no longer present in throat and feces. Typically, 1-6 weeks	K-12 schools must report within 1 working day.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Patient should consult their public health district and healthcare provider to determine when they can safely return. Contacts: Encourage good hand hygiene and respiratory etiquette. Work with local public health. Susceptible contacts are offered immunization.



			Other			
Disease or Pathogen	Signs/Symptoms	Mode of Transmission	Incubation Period	Contagious Period	Does School Need to Report?	Attendance in School
Staphylococcal Infection, other than MRSA	Staphylococcus infection can present in many ways. Symptoms will vary depending on infection.	 Contaminated food/water Skin to skin contact Contaminated objects Respiratory droplets (less common) 	Depends on infection type.	Depends on infection type.	K-12 schools may report if guidance is needed from public health.	Case: School-restrictable disease. Must be restricted from school until they are no longer considered a health risk to others. IDAPA 16.2.10 Administrative Rules. Patient should consult their healthcare provider to determine when they can safely return. Contacts: Encourage good hand hygiene and respiratory etiquette.



Links to Additional Disease Information:

Gastrointestinal Disease

Amebiasis: https://www.cdc.gov/parasites/amebiasis/index.html Campylobacter: https://www.cdc.gov/salmonella/index.html

Cholera: https://www.cdc.gov/cholera/index.html

Cryptosporidium: https://www.cdc.gov/parasites/crypto/index.html

Giardia: https://www.cdc.gov/parasites/giardia/index.html

E. coli STEC: https://www.cdc.gov/ecoli/index.html
Norovirus: https://www.cdc.gov/norovirus/index.html
Salmonella: https://www.cdc.gov/salmonella/index.html

Staphylococcal Food Poisoning: https://www.cdc.gov/foodsafety/symptoms.html

Shigella: https://www.cdc.gov/shigella/symptoms.html

Staphylococcal Food Poisoning: https://www.cdc.gov/foodsafety/diseases/staphylococcal.html

Eye Disease

Conjunctivitis: https://www.cdc.gov/conjunctivitis/index.html

Skin Disease

Food Allergies: https://www.cdc.gov/healthyschools/foodallergies/index.htm
Environmental Allergies: https://www.cdc.gov/nchs/fastats/allergies.htm
Varicella (Chickenpox): https://www.cdc.gov/parvovirusb19/fifth-disease.html
Fifth Disease: https://www.cdc.gov/parvovirusb19/fifth-disease.html

Heat Rash: https://www.mayoclinic.org/diseases-conditions/heat-rash/symptoms-causes/syc-20373276

Hand, Foot, and Mouth Disease: https://www.cdc.gov/hand-foot-mouth/index.html

Impetigo: https://www.cdc.gov/groupastrep/diseases-public/impetigo.html

Head Lice: https://www.cdc.gov/parasites/lice/head/index.html

MRSA: https://www.cdc.gov/mrsa/index.html

Ringworm: https://www.cdc.gov/fungal/diseases/ringworm/index.html

Scabies: https://www.cdc.gov/parasites/scabies/index.html

Respiratory Disease with Rash

Measles: https://www.cdc.gov/measles/index.html
Mumps: https://www.cdc.gov/mumps/index.html
Respiratory Disease with Rash (Continued)

Rubella: https://www.cdc.gov/rubella/index.html



Scarlet Fever: https://www.cdc.gov/groupastrep/diseases-public/scarlet-fever.html

Smallpox: https://www.cdc.gov/smallpox/index.html

Strep Throat: https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html

Respiratory Disease

Allergens and Pollen: https://www.cdc.gov/climateandhealth/effects/allergen.htm COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/community/index.html

Diphtheria: https://www.cdc.gov/diphtheria/index.html

Haemophilus influenzae: https://www.cdc.gov/hi-disease/index.html

Influenza: https://www.cdc.gov/flu/index.htm

Mononucleosis: https://www.cdc.gov/epstein-barr/index.html

Pertussis: https://www.cdc.gov/pertussis/index.html

Streptococcus pneumonia: https://www.cdc.gov/pneumococcal/clinicians/streptococcus-pneumoniae.html

Respiratory Syncytial Virus: https://www.cdc.gov/rsv/index.html

SARS: https://www.cdc.gov/sars/index.html

Streptococcus pyogenes: https://www.cdc.gov/groupastrep/diseases-hcp/index.html

Tuberculosis: https://www.cdc.gov/tb/default.htm

Other

Hepatitis A: https://www.cdc.gov/hepatitis/hav/index.htm

Neisseria meningitidis: https://www.cdc.gov/meningococcal/index.html

Plague: https://www.cdc.gov/plague/index.html

Poliomyelitis: https://www.cdc.gov/vaccines/pubs/pinkbook/polio.html