

# Communicable Disease Resource

for

Educators, Parents and Caregivers



Compiled by Horizon Public Health Communicable Disease  
and Healthy Learners in School Program  
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## 1. Introduction

This document contains links to fact sheets and New Brunswick Guidelines on the prevention and control of communicable diseases and infestations. It is intended for school administrators, teachers, and parents.

**Please note that this document does not replace timely medical consultation and Public Health reporting – such actions may still be required to appropriately assess the situation and/or by legislation.**

## 2. New Brunswick Public Health and Education Acts

The responsibilities for reporting of communicable diseases can be found in the NB Public Health Act Regulation 2009-136 and the NB education Act for school administrators

- a. <http://laws.gnb.ca/en/showdoc/cr/2009-136>
- b. [http://laws.gnb.ca/en/showfulldoc/cs/E-1.12/#anchorga:s\\_32](http://laws.gnb.ca/en/showfulldoc/cs/E-1.12/#anchorga:s_32)- section 20 (1) and (2)

## 3. Excluding Students from School for Disease Control

### Responsibility of School Principal

It can be necessary for students to stay home to help prevent spread of disease. Please refer to the general "[School Exclusion Guidelines](#)" as well as consultation with Public Health as needed.

Additional measures may also be taken to control communicable diseases, at the discretion of the school principal such as increased cleaning procedures or limitation of school gatherings.

### Authority of the Medical Officer of Health

In a situation where risk is sufficient (such as during outbreak or with certain diseases of national public health significance) , the Medical Officer of Health could , under the *Public Health Act*, take any measures necessary (e.g. excluding certain pupils from school) in the interest of infectious disease control.

## 4. Provincial Communicable Disease and Infestation Fact Sheets

These are helpful information sheets on signs and symptoms of common infestations and communicable diseases.

[Fact Sheets](#)

[Insects and Mites](#)

[Community- Acquired Methicillin -Resistant Staphylococcus Aureus](#) (CA-MRSA)

\*\*If your child has an undiagnosed rash or skin condition they should be evaluated by their health care provider before returning to school.

## 5. Hand Washing, Coughing and Sneezing

Hands spread an estimated 80 percent of common infectious diseases like the common cold and influenza. For example, when you touch a doorknob that has the influenza virus on it and then touch your mouth, you may become ill. Disease-causing germs are easily removed with good [hand washing](#) technique.

## 6. Routine Precautions

Blood and body fluids from any person may contain micro-organisms that can cause illness. Take extra care to prevent contact whenever you need to clean up these substances. Routine precautions include wearing gloves, careful cleaning and proper handwashing.

***See Appendix A***

## 7. Childhood and School Immunization Program in New Brunswick

- a. New Brunswick Routine [Immunization Schedule](#)
- b. Proof Of Immunization as per [Policy 706](#) or the Immunization exemption [form](#) for school entry
- c. School Immunization Program. Information about school vaccines and protecting youth can be found on the [Office of the Chief Medical Officer of Health website](#).

## 8. Influenza Reporting

As influenza season approaches Public Health is required to conduct seasonal influenza surveillance in schools throughout New Brunswick. In the fall, local Public Health offices will send reminders to school principals regarding reporting of Influenza like illness (ILI). Timely reporting assists Public Health with early detection of potential outbreaks. When such events are identified early, it allows for prompt initiation of control measures aimed at limiting the spread of infection.

## 9. Public Health Contact Information

For more information on Reportable Diseases in N.B. and contact information you may also refer to the [Notifiable Diseases and Reportable Events Poster](#) (by Area) on the GNB website.

# Universal Precautions

(often called routine practices)

To avoid getting infected with HIV, Hepatitis B or C or another communicable disease, use the following precautions when you come into contact with any body fluids or fecal matter.

In order to be safe and not to discriminate, assume that everyone is infectious.

## cover cuts

If you have cuts or open sores on your skin, cover them with a plastic bandage.



## Wear gloves

If there is any risk of coming into contact with blood or other body fluids, wear latex gloves. Gloves should only be worn once and disposed of in a plastic garbage bag.



## Wash hands

Wash your hands with soap and hot water for at least 20 seconds after you have had contact with blood or other body fluids, after going to the bathroom, before preparing or eating food, and after removing latex gloves. Use hand lotion to help keep your hands from becoming chapped or irritated. Intact skin is your first defense against infection!



## clean up

Spills of blood or other body fluids should be cleaned up with a fresh mixture of household bleach (1 part) and water (9 parts). Paper towels should be used and disposed of in a plastic garbage bag. Remember to wear latex gloves during clean-up.

## Discard garbage

Use caution when disposing of garbage and other waste that may contain infected materials or used needles. Discard material soiled with blood or other body fluids in a sealed plastic bag.



## Wash clothes

Soiled items should be stored in sealed plastic bags. Wash soiled clothing separately in hot soapy water and dry in a hot dryer, or have clothes dry-cleaned.

**Need more HIV information and resources?**  
Contact CATIE (Canadian AIDS Treatment Information Exchange) at 1-800-263-1638  
E-mail: [info@catie.ca](mailto:info@catie.ca)  
[www.catie.ca](http://www.catie.ca)

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CATIE Ordering Centre Catalogue No: ATI-19661

## When to keep your child home from school

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When your child is sick, it can be hard to decide if they should stay at home. Getting sick is never easy; busy parents have lots to think about. A sick child who comes to school will find it hard to learn, and may not get the rest and fluids they need to get better. They can also give infections to other children and staff. Please let the school know if your child has a condition that could spread to others.

### Keep your child at home if your child has any:

- **Fever:** Keep your child at home if they have a fever of 38°C (100.4°F) or higher. A fever usually means your child's immune system is fighting an infection. Before they come back to school, their fever needs to be gone for 24 hours without medicine.
- **Cough with coloured phlegm:** If your child has a cough that produces coloured mucus or comes with fever, they should stay home from school until they are feeling better.
- **Sore throat with fever:** If your child has strep throat, they need to stay home until 24 hours after they start antibiotics.
- **Vomiting or diarrhea:** If your child has new or unexplained vomiting (more than 2 times in 24 hours) or diarrhea (3 or more loose or watery stools in 24 hours), they need to stay home. Before they come back to school, they need to be free from vomiting or diarrhea for 48 hours.
- **Skin Rash with fever:** If your child has a rash and a fever, they need to stay home until their temperature is normal for 24 hours without medication. Sometimes a rash is a sign of a contagious disease such as chicken pox or measles.
- **Red painful eyes:** If your child has red painful eyes with pus, lots of tears, or crusting they may have "Pink Eye" and your child should see the doctor or pharmacist. If they need treatment, the child can return to school 24 hours after starting treatment.
- **Scabies:** Scabies should be treated for 24 hours before sending your child to school. The School District has information on the treatment of head lice on its website. Public Health does not advise children with head lice to stay home from school.

### Your child should see a health professional (doctor or nurse practitioner) if your child has:

- A fever lasting more than 2 days
- Blood in their stools (poop)
- Severe vomiting lasting more than 2 days
- Difficulty breathing
- A rash with fluid or pus
- Red painful eyes with white or yellow fluid

You can help the school be a healthy place for learning. Teach your child to wash their hands often, and to cough or sneeze into a disposable tissue or their sleeve. You can help your child stay well by getting them a flu shot and routine immunizations, giving them a balanced diet, helping them to be active outdoors and making sure they get enough sleep.