

Communicable Disease Resource

for

Educators, Parents and Caregivers



Compiled by Horizon Public Health Communicable Disease and Healthy Learners
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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.

1. 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- section 20 (1) and (2)

2. Excluding Students from School for Disease Control

a. 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 Regional Medical Officer of Health in consultation with the school principal, such as increased cleaning procedures or limitation of school gatherings.

b. 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 Regional 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.

3. Provincial Communicable Disease and Infestation Information

Links to resources on signs and symptoms of common infestations and communicable diseases.

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

[COVID-19 GNB](#)

[Communicable Disease Fact Sheets](#)

[Insects and Mites](#)

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

4. Methods to Help Decrease the Spread of Germs

Hands spread an estimated 80 percent of common infectious diseases like the common cold, COVID-19 and influenza. Disease-causing germs are easily removed with good [hand washing](#) technique. [Hand sanitizer](#) is a good option when hands are not visibly dirty, or soap and water are not easily accessible.

Germs can spread through respiratory droplets ([coughing, sneezing](#)).

5. Routine Precautions (Universal Precautions)

Bodily excretions, 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 (Universal Precautions) include wearing gloves, careful cleaning, and proper handwashing. See [Appendix A](#)

6. 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 here [Office of the Chief Medical Officer of Health](#).

7. Influenza Like Illness 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 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, it allows for prompt initiation of control measures aimed at limiting the spread of infection.

For more information on Reportable Diseases in N.B. and contact information refer to the [Notifiable Diseases and Reportable Events Poster Saint John Area](#)

8. When to keep a child home from school

A sick child who goes 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.

Keep children home if:

- **Fever:** 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 using fever reducing medication.
- **Diarrhea:** [Diarrhea](#) is frequent bowel movements and loose or watery stool. Children need to stay home until 48 hours after last diarrhea stool.
- See [exclusion guidelines](#)

Teach children to wash their hands often, and to cough or sneeze into a disposable tissue or their elbow. 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.

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
www.catie.ca

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