

Communicable Disease Resource

for

Educators

Anglophone West School District



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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- 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](#)

**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

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 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 in 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.

See Appendix B

9. Public Health Contact Information

The Communicable Disease Telephone Line for Woodstock & Upper Valley is 1-888-829-6444. For Fredericton, Oromocto and lower valley **506-444-5905**, Monday to Friday from 8:30-16:30

For more information on Reportable Diseases in N.B. and contact information you may also see the Notifiable Diseases and Reportable Events [Poster](#)

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 1-800-263-1635
E-mail: info@catie.ca
www.catie.ca

Published by the Canadian Public Health Association, 2002.
This publication has been reprinted by CATIE, 2010.

CATIE Ordering Centre Catalogue No: ATI-19661

**Public Health Fredericton and Upper River Valley Area
INFLUENZA SCHOOL SURVEILLANCE 2016-17**

DAILY ABSENTEEISM REPORT

ASD-W: Please complete and fax this influenza reporting form **DAILY** to the Fredericton Public Health Office when any school meets BOTH reporting criteria:

- 1) the daily absenteeism rate is greater than 10%, AND
- 2) the absenteeism is most likely due to influenza symptoms (see definition below)*

Please report each day there is 10% absenteeism that is likely due to influenza-like- illness. The school should send a notification to Regional Public Health every day when both criteria are met.

Example:

The school would call Public Health when the observed absenteeism in a school is 12% and the majority of the absences are likely due to influenza illness.

*** Influenza symptoms**

Fever and cough with one or more of: sore throat, achy joints, or achy muscles. Children under 5 years of age may not experience fever and may have gastrointestinal symptoms such as diarrhea.

Date (mm/dd/yy): _____	Name of school: _____
Name of the person reporting: _____	Telephone number: _____
1. Total number of students absent today : _____	
2. Total number of students attending your school : _____	
3. Total absenteeism rate (#1 / #2 x 100): _____ %	
4. Is the absenteeism rate likely due to children experiencing influenza symptoms? <input type="checkbox"/> Yes <input type="checkbox"/> No	
5. Previous week's absenteeism rate: _____ %	
6. If data is available,	
5. Total number of students absent likely due to influenza symptoms: _____	
6. Absenteeism rate likely due to influenza symptoms (#6a / #2 x 100): _____ %	
COMMENTS: Please identify other known causes of absenteeism (e.g.) class trips, non-influenza illness (e.g. gastrointestinal)	

Public Health Advice on Limiting Disease Spread: When to keep your child home from school

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. You can find health information you can trust at: www.cps.ca → Caring for Kids → Illnesses and Infections

Anglophone West School District and Healthy Learners in School Public Health Nurses (2016)
<http://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/CDC/HealthProfessionals/SchoolExclusionGuidelines.pdf>