

Communicable Disease

Learning Objectives

Participants will learn:

1. Where to find communicable disease information
2. Why a relationship with the local health department (LHD) is important, and ideas for strengthening this relationship
3. School nurse roles and responsibilities related to communicable disease outbreaks and common problems in the school setting.

For questions, contact:

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Where can I find communicable disease information?

Here are some helpful references. Policies may differ between states, counties, school districts, etc. Please work with your LHD to determine the best course of action for the specific situation.

Utah's reportable disease list: http://health.utah.gov/epi/reporting/Rpt_Disease_List.pdf

Utah Department of Health (UDOH) Communicable Disease plans, reporting forms and fact sheets: http://health.utah.gov/epi/phdepts/a-z_list.html

Link to the Communicable Disease Rule (Utah law):

<http://www.rules.utah.gov/publicat/code/r386/r386-702.htm>

American Academy of Pediatrics (AAP) reference guide: Aronson, Susan, and Timothy Shope. *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide (Third Edition)*. AAP, 2013.

UDOH Communicable Disease & School and Daycare Resource Page – includes similar information to the AAP guide, with some additional resources and Utah-specific guidance: http://health.utah.gov/epi/school_childcare/index.html

UDOH pertussis outbreak guide – includes a sample outbreak notification letter and algorithm for exclusions: http://health.utah.gov/epi/diseases/pertussis/pertussis_outbreak_recomm.html

Links to all Utah Local Health Departments: <http://www.ualhd.org/members.html>

The Centers for Disease Control and Prevention (CDC) seasonal influenza page for schools and childcare – includes cleaning guidelines, printable materials, FAQ's: <http://www.cdc.gov/flu/school/index.htm>

The American Cancer Society guide, "Children Diagnosed with Cancer: Returning to School" – includes information on possible accommodations and communicable disease risks: <http://www.cancer.org/treatment/childrenandcancer/whenyourchildhascancer/children-diagnosed-with-cancer-returning-to-school>

How can I strengthen a relationship with my LHD?

- ✓ Build on past relationships... or reach out and create a new one!
- ✓ Introduce yourself with an in-person visit, phone call, or email
- ✓ Connect during immunization conferences
- ✓ Partner with the LHD for flu shot clinics, preparedness exercises, studies, etc.
- ✓ Invite LHD staff to participate in wellness committees, training, or school events

When should I contact my LHD for help?

- ✓ If you suspect an outbreak (often when two or more students ill with similar symptoms)
- ✓ If you suspect an unusual or emerging disease
- ✓ Anytime you need communicable disease assistance or support

How can my LHD help with communicable disease situations?

- ✓ In any communicable disease situation, your LHD can:
 - provide guidance on excluding ill students
 - advise prevention and control measures
 - speak to worried staff and relatives
 - provide fact sheets and educational information

- ✓ In an outbreak situation, your LHD can:
 - provide help, advice and support
 - review the situation daily including prevention and control measures
 - speak to worried staff and relatives and/or reinforce exclusion rule!
 - provide fact sheets and educational information
 - declare the outbreak over

How do I contact my LHD?

Health Department	Communicable Disease Contact	Counties covered
Bear River	Leona Goodsell 435-792-6541 lgoodsell@brhd.org	Box Elder, Cache, Rich
Central	Sevier: Alicia Beckstead 435-896-5451 Juab County: Patti Bowles 435-623-0696 North Sanpete: Mindy Brotherson 435-462-2449 South Sanpete: Debbie Lindsey 435-835-2231 Piute: Melissa Gleave 435-577-2521 Wayne: Ron Steege 435-577-2521 West Millard: Shauna Nelson 435-864-3612 Nursing Director: Sue Hildebrand 435-896-5451 Epidemiologist: Louise Saw 435-817-2710 (cell)	Juab, Millard, Piute, Sanpete, Sevier, Wayne
Davis County	Reporting Only: 801-525-5220 General CD Questions: 801-525-5200 Director, Wendy Garcia: 801-525-5202	Davis
Salt Lake County	Andrea Price or Mary Hill 385-468-4194	Salt Lake
Southeastern Utah	Brady Bradford 435-637-3671	Carbon, Emery, Grand, San Juan
Southwest Utah	Susan Peck 435-986-2551 speck@swuhealth.org	Beaver, Garfield, Iron, Kane, Washington
Summit County	Park City: Carolyn Rose 333-1504 North Summit: Jean Paskett 336-3228 South Summit: Stephanie Hurt 783-4351	Summit
Tooele County	Louise Ekenstam 435-277-2369	Tooele
TriCounty	Roe (Brent) McDonald 435-247-1197	Daggett, Duchesne, Uintah
Utah County	Lisa Guerra 801-851-7037	Utah
Wasatch County	Chris Smoot 435-657-3264 (office) 435-503-4018 (cell)	Wasatch
Weber-Morgan	Amy Carter 801-399-7234 acarter@co.weber.ut.us	Weber, Morgan
Utah Department of Health	Bureau of Epidemiology 801-538-6191	For additional assistance

What are my roles & responsibilities during an outbreak?

- ✓ Contain the outbreak and prevent further illness
- ✓ Collaborate with LHD throughout the outbreak
- ✓ Serve as liaison for LHD, school personnel, parents, and students

How can I prepare for an outbreak?

- ✓ Locate records for vaccine exempt-students (name list, forms)
- ✓ Become familiar with communicable diseases (signs and symptoms, helpful resources, current/common outbreaks)
- ✓ Establish and maintain relationships with partners:
 - School(s): attendance secretaries, teachers, administrators, custodians
 - LHD
- ✓ Provide training to school partners as needed

If I suspect an outbreak, what should I do first?

- ✓ Notify the LHD
- ✓ Create a list of ill individuals
- ✓ Ensure proper clean up and prevention efforts are in place
- ✓ If food is suspected as the cause of illness, save, label and refrigerate it. That way, the food can be tested later to confirm if it caused illness.

What other actions may be needed during an outbreak?

Here are some possibilities. As every outbreak is different, your LHD will provide guidance specific to each situation.

- ✓ Notify parents & staff
- ✓ Provide education on signs/symptoms to watch for
- ✓ Exclude symptomatic and vaccine-exempt¹ students & staff
 - If vaccine exempt, send letter & copy of exemption
 - Follow up by phone – explain options for return to school
 - Update parents throughout outbreak
 - Work with administration & teachers to support students with schoolwork
- ✓ Work with attendance secretary and follow up on reported ill students
- ✓ Answer questions and concerns of parents, staff, students
- ✓ Assist with/encourage prophylaxis as needed; if no insurance, refer to LHD
- ✓ Contact health care providers to ensure correct testing is performed

¹ For vaccine preventable disease outbreaks

What are the guidelines for controlling head lice in schools?

- ✓ Follow school district policy
- ✓ Maintain confidentiality
 - Avoid embarrassing the student
- ✓ Exclude children until one day after first treatment, as necessary, in conjunction with school district policy
 - Avoid implementing a “no nit” policy
- ✓ Educate staff and parents

How can I encourage parents to vaccinate their children?

- ✓ Take time to listen
 - Pay attention
- ✓ Solicit and welcome questions
 - Ask open-ended questions
- ✓ Keep the conversation going
 - Don't be offended by parents' research and long list of questions
- ✓ Science vs. anecdote?
 - Base your approach on your knowledge of the family
 - Watch and listen
- ✓ Acknowledge benefits and risks
 - Address side effects
 - Remind parents of benefits to their child and to others (herd immunity)
- ✓ Respect parents' authority
 - Talk respectfully
 - Show genuine concern
 - Build trust
- ✓ Provide resources and referrals