**NMCAA Child and Family Development Programs Health Notice**

Dear Parent or Guardian,

Your child in [insert name of classroom] may have been exposed to the disease checked below. The possible date of exposure was [insert date].

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| **Disease** | **Symptoms of the Disease** | **Incubation** |
| \_\_\_\_\_Chicken Pox | Fever, mild respiratory symptoms, body rash of itchy, blister-like lesions, usually concentrated on the face, scalp, trunk | Average 14-16 days |
| \_\_\_\_\_COVID-19 | Temperature of 100.4 degrees Fahrenheit or higher; sore throat; new uncontrolled cough (for children with chronic cough due to allergies or asthma, a change in their cough from baseline); difficulty breathing (for children with asthma, a change from their baseline breathing); shortness of breath; diarrhea, vomiting or stomachache; new onset of severe headache, especially with a fever; runny nose; congestion; fatigue | Average 5 days(Range 2 – 14 days) |
| \_\_\_\_\_Fifth Disease | Fever, flushed, lacy rash | Variable, usually 4-20 days |
| \_\_\_\_\_Hand Foot Mouth Disease | Sudden onset of fever, sore throat, cough, tiny blisters in mouth/throat and on extremities | Average 3-5 days |
| \_\_\_\_\_Head Lice | Itching, especially nape of net and behind ears; scalp can be pink and dry; patches may be rough and flake off | 1-2 weeks |
| \_\_\_\_\_Impetigo | Lesions/blisters are generally found on the mouth and nostrils; occasionally near eyes | Variable, usually 4-10 days, but can be as short as 1-3 days |
| \_\_\_\_\_Influenza | High fever, fatigue, cough, muscle aches, sore throat, headache, runny nose; rarely vomiting or diarrhea | 1-4 days |
| \_\_\_\_\_Norovirus | Nausea, vomiting, diarrhea, abdominal pain for 12-72 hours; possibly low-grade fever, chills, headache | Average 24-48 hours |
| \_\_\_\_\_Pink Eye | Bacterial: Often yellow discharge in both eyes; Viral: Often one eye with watery/clear discharge and redness; Allergic: itchy eyes with watery discharge | Variable but often 1-3 days |
| \_\_\_\_\_Respiratory Syncytial Virus (RSV) | Mild cold-like symptoms, such as runny nose, decrease in appetite, coughing, sneezing, fever, and wheezing | 4-6 days |
| \_\_\_\_\_Scabies | Extreme itching (may be worse at night); mites burrowing in skin cause rash/bumps | 2-6 weeks for first exposure; 1-4 days for re-exposure |
| \_\_\_\_\_Strep Throat/ Scarlet Fever | Sore throat, fever; Scarlet Fever: body rash and red tongue | Average 2-5 days |
| \_\_\_\_\_Whooping Cough | Initially mild respiratory symptoms, cough; may have inspiratory whoop, post tussive vomiting  | Average 7-10 days |
| \_\_\_\_\_Other |  |  |

**Prevention of Communicable or Infectious Diseases:**

* Cough or sneeze into tissues or sleeves.
* Wash hands frequently including after toileting, coming into contact with bodily fluids, before eating and handling food, and any time hands are soiled.
* If you are sick stay home.
* Social distance
* Clean and sanitize frequently. This means to wash area with soap and water, rinse with clean water, and wipe or spray the surface with a sanitizing solution.
* Vaccinations

If you have any questions regarding this disease, please call your physician.