



## Tips to Prevent Infectious Diseases

### Transmission Route

#### Fecal Oral

- Handwashing, handwashing, handwashing
- Be involved in environmental cleaning in your school!
- Keep track of # of cases of diarrhea
- Exclude students with severe diarrhea
- Discourage the practice of reptiles or other animals as classroom pets
- Strictly monitor reptile or animal visits
  - handwashing after any contact with reptile/animal or cage
  - barriers between reptiles/animals and students

#### Contact Transmission

- Follow handwashing & cleanliness guidelines
- Do not permit the sharing of personal items
- Provide individual storage areas for outer clothing items
- Wash & cover sores, cuts & scrapes promptly and keep infected eyes wiped dry
- Notify parents of rashes, sores, runny eyes and itching for healthcare provider referral

#### Droplet Spread

- Follow handwashing & cleanliness guidelines
- Discourage the sharing of food and do not permit the sharing of water bottles during sports
- Air out classrooms daily, even in winter
- Teach children & staff to cough or sneeze into a tissue, discard tissue, and wash hands
- If they don't have a tissue cough or sneeze into upper sleeve - not into their hands
- Keep a supply of disposable towels and tissues in each classroom



## Cleaning Tips

### Bleach

- There are safer but not cheaper alternatives to bleach
- The dilution rate will vary depending on the strength of the original product
- Check the label, for example, "concentrated" vs. "regular"
- Use different dilutions for specific uses:
  - Sanitizing food surfaces
  - Disinfecting non-blood or body fluid, disinfecting shared sports equipment (mats, etc.), sinks, etc.
  - Disinfecting blood, vomit spills
- Always wear gloves when working with bleach solutions
- Do not mix cleaners and disinfectants unless the labels indicate it is safe to do so - for example do not mix ammonia and chlorine bleach

## Animal and Field Trip Tips

Students may be exposed to animal diseases from traveling animal shows and field trips. Particular concerns include:

- Reptiles, baby chicks (salmonella)
- Bats, raccoons, skunks (rabies)

Field trips to farms, zoos, orchards

- No raw milk
- No unpasteurized apple juices & cider
- Strict supervision, limited animal contact
- Handwashing
- Consider repellent
- Encourage tick checks



## Lice

From CDC (<https://www.cdc.gov/parasites/lice/head/schools.html>)

### Head Lice Information for Schools

- Students diagnosed with live head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice.
- Head lice can be a nuisance but they have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.
- Both the American Academy of Pediatrics (AAP) and the National Association of School Nurses (NASN) advocate that “no-nit” policies should be discontinued. “No-nit” policies that require a child to be free of nits before they can return to schools should be discontinued for the following reasons:
  - Many nits are more than ¼ inch from the scalp. Such nits are usually not viable and very unlikely to hatch to become crawling lice, or may in fact be empty shells, also known as ‘casings’.
  - Nits are cemented to hair shafts and are very unlikely to be transferred successfully to other people.
  - The burden of unnecessary absenteeism to the students, families and communities far outweighs the risks associated with head lice.
  - Misdiagnosis of nits is very common during nit checks conducted by nonmedical personnel.

### Additional Resources

These are also available on [SHIELD Resources](#).

- CDC Pink Book  
<https://www.cdc.gov/vaccines/pubs/pinkbook/index.html>
- Chapter 8 of MDPH School Health Manual – provides guidance on school attendance as well as information on various infectious diseases.
- Diseases Reportable to MDPH and Summary of Reportable Diseases, Surveillance, and Isolation and Quarantine Requirements  
<https://www.mass.gov/lists/infectious-disease-reporting-and-regulations-for-health-care-providers-and-laboratories>
- Guide to Surveillance, Reporting, and Control  
<https://www.mass.gov/handbook/guide-to-surveillance-reporting-and-control>
- Lice Lessons (NASN) <https://www.nasn.org/nasn/programs/educational-initiatives/lice-lessons>
- MAVEN E-Learning  
<http://sites.bu.edu/masslocalinstitute/2011/06/08/massachusetts-virtual-epidemiologic-network-maven/>
- MDPH Fact Sheets  
<https://www.mass.gov/fact-sheets-on-infectious-diseases>
- MDPH Infectious Disease Case Report Forms  
<https://www.mass.gov/lists/infectious-disease-case-report-forms>