

A community where all can achieve optimal health



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Johnson County Public Health's

Childcare Facility

Infection Prevention

Guidance

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Introduction

Johnson County Public Health (JCPH) created this document as a resource for childcare centers when responding to infectious disease. Collecting public health guidance into one place will make it easier for centers to respond quickly and prevent further spread in the facility. The contents of this document include reporting guidelines and resources, exclusion criteria, general guidance for illness prevention, and fact sheets for common diseases.

Every childcare center will have a unique experience when an infectious disease is found in their center. This document will provide general guidance and best practices, but if a situation at your facility is complicated and you need more guidance, please reach out to JCPH to talk through your circumstances. Contact information for a variety of resources can be found [here](#).

This document is intended to be used as reference for when you have questions about a specific illness and does not need to be printed or read cover to cover. Please save this in a place where staff who are in charge of responding to illness can easily find it. This resource will also be available on JCPH's website [here](#).

Who's Who?

Starting July 1, 2023, the State of Iowa finalized the process of reorganizing many of its government departments. Due to this reorganization, the departments that were previously called the Iowa Department of Public Health (IDPH) and the Iowa Department of Human Services (DHS) are both in the new Iowa Department of Health and Human Services (Iowa HHS). Due to this change, the organizations formerly known as IDPH and DHS were also renamed:

- IDPH is now the Division of Public Health (DPH)
- DHS is called the Division of Family Well-Being and Protection (FWP)

Recommendations vs. Requirements

Childcare centers receive oversight and guidance from several state and local agencies and this can be confusing. This document is intended to provide *recommendations* from public health regarding infectious disease prevention and response in childcare centers. There are other *requirements* set by the Division of Family Well-Being and Protection (FWP) that licensed centers *must* follow.

The FWP requirements are not explained in this document but can be found in the [FWP Child Care Provider Portal](#). Please reach out to your [FWP contact](#) for more information about licensing standards.

Additionally, Iowa legal code sets requirements about response to infectious disease. Although it does not happen often, this means that sometimes public health will require a specific action due to an illness. When this occurs it will be noted in that specific disease section.

Reporting guidelines

Childcare providers are required to report an outbreak of **ANY** infectious illness in their facility to JCPH. An outbreak is a sudden rise in the occurrence of a disease when there are more cases of a disease than expected for the location or season. It is possible that an outbreak may affect only one center or even just one room in a center.

Outbreaks of any kind, unusual syndromes, uncommon disease, or suspected acts of terrorism should be reported immediately by phone to JCPH at

319-356-6040

Mon-Fri 8:00 AM – 4:30 PM

After-hour reports can be made to the IDPH Disease Reporting Hotline at **800-362-2736**

Exclusion Criteria

Knowing when to exclude sick children and staff and for how long is difficult as every circumstance is different. Thankfully, most common childhood illnesses do not require exclusion. The American Academy of Pediatrics (AAP) recommends that a child be kept home under the following circumstances:

- a. The child does not feel well enough to comfortably take part in usual activities (overtired, fussy, will not stop crying, obvious discomfort, etc.).
- b. The child needs more care than teachers and staff can give while still caring for other children.
- c. The illness has a risk of spreading harmful disease to others.

In addition, children and staff should stay home if they have:

- a. Fever over 101° F (children under 2 months of age should be seen by a medical provider for a fever over 100.4° F).
- b. Diarrhea in the last 24 hours not caused by a change in diet.
- c. Abdominal pain that lasts more than 2 hours or is accompanied by other concerning symptoms.
- d. Vomiting 2 or more times in the last 24 hours.
- e. Mouth sores that cause uncontrollable drooling.
- f. Rash with fever or behavioral changes that has not yet been checked by a medical provider.
- g. Skin sores that are weeping fluid and cannot be covered.

See more about AAP's recommendations here: [Healthy Children AAP Recommendations](#).

More resources that should be consulted when deciding whether to exclude an individual from your facility are included below:

FWP Licensing Requirements and Recommendations

- [FWP Care Centers and Preschools Licensing Standards and Procedures](#)
- Caring For Our Children (CFOC) recommendations for [Children](#) and [Staff](#)

Iowa Legal Code

- [Child Care Centers](#)
- [Public Health](#)

Public Health Best Practices and Recommendations

- [DPH Child Illness and Exclusion Criteria for Childcare Settings](#)
- [DPH Epi Manual](#)

General Disease Prevention Guidance

Many recommended practices to reduce the spread of illness and prevent infections in a childcare center revolve around the same basic ideas even though the diseases are very different. This section includes resources for best practices that can be applied to most common illnesses. Some diseases have more detailed requirements for prevention which are outlined in the [Specific Disease Information](#) section below.

The [Childcare Guidance: Infection Control in Childcare Settings](#) document from Iowa HHS is a summary of general infection control for childcare centers.

Hand Hygiene

Hand washing is one of the most important steps you can take to prevent illness in a childcare center. Your childcare center should have its own policies on hand washing, including when, how often, and the proper method.

The CDC recommends washing your hands at the following key times:

- Before, during, and after preparing and eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet, changing diapers, or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food, or animal waste
- After touching garbage

There are times when hand washing is legally required for staff and children according to Iowa Code. These requirements and other information can be found [here](#).

Informative Sources:

[DPH Hand Washing Fact Sheet](#)

[Iowa HHS Washing Your Hands Steps \(English and Spanish\)](#)

[CDC: Hand Hygiene at School](#)

[CDC: When & How to Wash Your Hands](#)

Cleaning, Sanitizing, and Disinfecting

Keeping a clean and germ-free environment is very important in reducing the spread of disease. Germs can survive on different surfaces and objects for long periods of time and can make people sick if not properly removed. There is a variety of guidance on the differences between cleaning, sanitizing, and disinfecting, as well as how to do each of these procedures and when.

Informative Sources:

[CDC: How to Clean and Disinfect Early Care and Education Settings](#)

[CFOC: Cleaning, Sanitizing, and Disinfecting](#)

[CFOC: Selection and Use of a Cleaning, Sanitizing, or Disinfecting Product](#)

[CFOC: Routine Schedule for Cleaning, Sanitizing, and Disinfecting](#)

Everyday Preventative Actions

Taking simple everyday preventative actions can help reduce the spread of germs and limit diseases. These actions are easy ways to protect yourself and others from all kinds of diseases. These practices should be encouraged for staff and children in a childcare center. Below are some everyday recommendations from the CDC and other public health sources that you can share to keep staff and children healthy:

- Washing hands often with soap and water (See [Hand Hygiene](#)).
 - If soap is not available, hand sanitizer is usually an okay substitute.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home if you are sick.
- Avoid close contact with others when you are sick (hugging, kissing, shaking hands).
- Cover your nose and mouth with a tissue when you cough or sneeze, and throw tissue away right after.
 - If a tissue is not available, cough or sneeze into your elbows, not your hands.

Informative Sources:

[CDC: Everyday Preventative Actions](#)

[CDC: Coughing and Sneezing](#)

Diaper Changing

Using good diaper changing procedures is important to reduce the spread of diseases in a childcare center. Staff are more likely to be exposed to certain diseases when changing diapers or disposing of soiled diapers/diaper-related materials. Frequent disinfection of diapering areas and proper disposal of diapering waste are required to reduce the risk of contamination and spread of disease.

- [Iowa Code](#) states that soiled diapers shall be stored in containers separate from other waste.
- Cloth diapers need more careful attention with disinfection and proper disposal, as they are more likely to contaminate surfaces and hands with infectious matter.

Informative Sources:

[CDC: Diaper Changing Steps for Childcare Settings](#)

[CFOC: Diapering and Changing Soiled Clothing](#)

Food Safety

Food-borne illnesses can spread easily in a childcare center. These diseases result from improper food storage, sanitation, and preparation.

Any staff who has diarrhea should not be allowed to prepare or handle food for childcare attendees. Some illnesses have even more specific requirements about food handling, which are outlined in the [Specific Disease Information](#) section below. Food handlers should also pay special attention to hand hygiene and practice frequent and thorough hand washing.

Informative Sources:

[CDC: Food Safety](#)

Specific Disease Information

Campylobacteriosis (Campy)

Intro: Campylobacteriosis (“Campy”) is caused by a bacteria that causes illness in the stomach and intestines. It is very common and typically causes a mild illness.

Signs and symptoms may include:

- diarrhea (sometimes bloody)
- abdominal pain/stomach cramps
- fever
- vomiting and/or upset stomach (nausea)

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, food safety measures, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with campy should not return to the facility until diarrhea has stopped and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Epi Manual: Campylobacteriosis](#)

[DPH Campylobacteriosis Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Campylobacter](#)

***Clostridium difficile* (C. diff)**

Intro: *Clostridium difficile* (“C. diff”) is a bacteria that causes illness in the stomach and intestines.

Signs and symptoms may include:

- diarrhea
- fever
- stomach tenderness or pain
- loss of appetite
- upset stomach (nausea)

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with *C. diff* should not return to the facility until diarrhea has stopped and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Clostridium difficile Fact Sheet](#)

[CDC: C. diff](#)

Conjunctivitis (Pinkeye)

Intro: Conjunctivitis (“Pink Eye”) is a very common condition that causes inflammation of the eyelid and eyeball. It can be caused by a variety of sources including bacteria, viruses, allergens, or other irritants. Only infections caused by bacteria and viruses are contagious.

Signs and symptoms may include:

- pink/red coloring of the white of the eyes
- tears
- itching/irritation/burning in the eyes
- discharge
- crusting of eyes

Prevention: Prevention relies on frequent and thorough handwashing, not touching your eyes, not sharing personal items, and cleaning/washing objects that may have been near the infected eyes. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with pinkeye may attend if they feel well enough to do so.

Informative Sources:

[DPH Conjunctivitis Fact Sheet](#)

[CDC: Conjunctivitis \(Pink Eye\)](#)

[CDC Pink Eye Infographic](#)

COVID-19 (SARS-CoV-2)

Intro: COVID-19 (“Covid, Coronavirus, SARS-CoV-2”) is caused by a virus that causes illness in the lungs and may be similar to a cold or the flu.

Signs and symptoms may include:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- upset stomach (nausea), vomiting, and/or diarrhea

Prevention: Prevention relies on proper vaccination, frequent and thorough handwashing, getting tested when necessary, wearing a mask when recommended, and staying home if sick or exposed. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with COVID-19 should be excluded from childcare based on the following guidelines:

- If **over 2 years** and able to wear a mask all the time, exclude child/staff from facility for **5 days** from symptom onset or time of a positive test (if no symptoms).
 - Child/staff may return on day 6 if fever-free for 24 hours without the use of fever-reducing medication and if symptoms have improved.
 - Child/staff must wear a mask through day 10.
- If **less than 2 years, unable, or unwilling to wear a mask, or are immunocompromised**, exclude child/staff from facility for **10 days**.
 - Child/staff may return on day 11 if fever-free for 24 hours without the use of fever-reducing medication and if symptoms have improved.

If you have a case of COVID-19 in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed to COVID-19 and need to stay home.

Informative Sources:

[JCPH COVID-19 Info](#)

[DPH Epi Manual: COVID-19](#)

[CDC: COVID-19](#)

[CDC Guidance for Schools & Childcare Programs](#)

Cryptosporidiosis (Crypto)

Intro: Cryptosporidiosis (“Crypto”) is caused by a parasite and causes illness in the stomach and intestines.

Signs and symptoms may include:

- watery diarrhea
- stomach cramps or pain
- weight loss
- fever
- vomiting and/or upset stomach (nausea)

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, food safety measures, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with crypto should not return to the facility until diarrhea has stopped for at least 24 hours and they have no fever without the use of fever reducing medication.

- Children who are not experiencing diarrhea or fever and are not otherwise ill may remain in the program if special precautions are taken:
 - special attention to hand washing
 - separation of diapering and food preparation areas
 - excluding if symptoms start
- Staff who are not experiencing diarrhea or fever and are not otherwise ill may work as long as they practice frequent and thorough hand washing.

Informative Sources:

[DPH Epi Manual: Cryptosporidiosis](#)

[DPH Cryptosporidiosis Fact Sheet for Childcare Centers](#)

[Iowa HHS Disease Information](#)

[CDC: Cryptosporidiosis](#)

[CDC: Prevention and Control](#)

Cytomegalovirus (CMV)

Intro: Cytomegalovirus (“CMV”) is caused by a virus that causes illness throughout the body. It is common in people of all ages and usually does not cause serious illness.

Signs and symptoms may include:

- fever
- sore throat
- fatigue
- swollen glands

Prevention: Prevention relies on staying home when sick and frequent and thorough handwashing. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with CMV may attend if they feel well enough to do so and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Cytomegalovirus Fact Sheet](#)

[Iowa HHS CMV Brochure for Childcare Providers](#)

[CDC: Cytomegalovirus](#)

Diarrhea

Intro: Diarrhea is loose, watery, and possibly more frequent bowel movements. It is very common in childcare centers and is typically a symptom caused by many infectious diseases. Some non-specific names that are associated with diarrhea might include “stomach flu/bug”, gastroenteritis, food poisoning, etc.

Signs and symptoms associated with diarrhea may include:

- more frequent bowel movements
- stomach pain/cramps
- bloating
- fever
- vomiting and/or upset stomach (nausea)

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, food safety measures, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: People who have diarrhea, not caused by a dietary change or a chronic condition, should stay home until their diarrhea has been gone for 24 hours and they have no fever without the use of fever reducing medication.

There are special exclusion criteria for diarrhea caused by [cryptosporidiosis \(crypto\)](#), [Escherichia coli \(E. coli\)](#), [norovirus](#), and [shigellosis \(shigella\)](#) that are mentioned in their specific disease information entries.

Informative Sources:

[CFOC: Enteric \(Diarrheal\) Infections](#)

[UpToDate Acute Diarrhea](#)

Escherichia coli (E. coli)

Intro: *E. coli* is a large group of bacteria that cause illness in many different areas of the body. An important type for childcare centers to know is Shiga toxin-producing *E. coli* (STEC), which causes illness in the stomach and intestines.

Signs and symptoms may include:

- diarrhea (sometimes bloody)
- stomach pain/cramps, vomiting, and/or upset stomach (nausea)
- fever

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, food safety measures, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children may not return to the facility until they have met the legal requirements outlined below and they have no fever without the use of fever reducing medication.

Staff may return to work once their diarrhea and fever have stopped but before they have met the legal requirements as long as they are not participating in direct child care or food handling (for example, they could do office work).

Iowa Legal Code requirements: If a child/staff member is infected with STEC *E. coli*, they are legally required to stay home until two negative stool cultures in a row have been collected. Each sample must be collected at least 24 hours apart. If they have been treated with an antibiotic, they must wait to collect samples until 48 hours after the medicine is finished. These legal requirements are explained in [Iowa Code](#).

Informative Sources:

[DPH Epi Manual: *E. coli*](#)

[DPH *E. coli* Fact Sheet](#)

[CDC: *E. coli*](#)

Fifth Disease (Human Parvovirus B19)

Intro: Fifth disease is a typically mild illness caused by a virus. It is more common in children but can affect anyone.

Signs and symptoms may include:

- fever
- runny nose
- headache
- rash

Prevention: Prevention relies on practicing good hand hygiene. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with fifth disease may attend if they feel well enough to do so and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Fifth Disease Fact Sheet](#)

[CDC: Fifth Disease](#)

Giardiasis (Giardia)

Intro: Giardiasis (“Giardia”) is caused by a parasite and causes illness in the stomach and intestines. It can be found worldwide and spreads very easily, especially in childcare settings.

Signs and symptoms may include:

- diarrhea
- gas
- stomach cramps or pain
- foul-smelling, greasy poop that can float
- upset stomach (nausea)
- dehydration

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, food safety measures, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with giardia should not return to the facility until diarrhea has stopped.

- Children who are not experiencing diarrhea and are not otherwise ill may remain in the program if special precautions are taken:
 - special attention to hand washing
 - separation of diapering and food preparation areas
 - excluding if symptoms start
- Staff who are not experiencing diarrhea and are not otherwise ill may work as long as they practice frequent and thorough hand washing.

Informative Sources:

[DPH Epi Manual: Giardiasis](#)

[Iowa HHS Disease Information](#)

[CDC: Giardiasis](#)

***Haemophilus influenzae* type B (Hib)**

Intro: *H. influenzae* (Hib) is a bacteria that can cause illness in many different areas of the body. Some Hib infections can be very serious and can cause pneumonia, meningitis, and sepsis.

Signs and symptoms may include:

- fever
- vomiting
- difficulty breathing
- ear infection
- bronchitis

Prevention: Prevention for Hib relies on proper vaccination and practicing good hand hygiene. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with Hib should not return to the facility until they have completed 24 hours of an antibiotic and they have no fever without the use of fever reducing medication.

If you have a case of Hib in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed and further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Hib Disease](#)

[DPH Haemophilus Influenzae Type b Fact Sheet for Childcare Administrators](#)

[DPH Haemophilus Influenzae Type b Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Haemophilus influenzae Disease \(Hib\)](#)

Hand, Foot, and Mouth Disease (HFMD)

Intro: Hand, foot, and mouth disease (HFMD) is caused by a virus that causes a rash. It is a typically mild illness but is very contagious.

Signs and symptoms may include:

- fever
- sore throat
- mouth sores
- blistering skin rash commonly found on the hands and feet.

Prevention: Prevention for HFMD relies on frequent and thorough handwashing and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with HFMD may attend if they feel well enough to do so and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Hand, Foot, and Mouth Disease Fact Sheet](#)

[CDC: Hand, Foot, and Mouth Disease](#)

Hepatitis A

Intro: Hepatitis A is caused by a virus that affects the liver as well as the stomach and intestines. The illness usually does not last very long but is very contagious.

Signs and symptoms may include:

- yellow skin/eyes (jaundice)
- vomiting and/or upset stomach (nausea)
- stomach pain
- fever
- dark urine or light-colored stools
- diarrhea
- joint pain
- tiredness

Prevention: Prevention relies on vaccination and practicing good hand hygiene. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with hepatitis A should not return to the childcare facility until at least two weeks after the illness started or one week after onset of jaundice and they have no fever without the use of fever reducing medication.

You should also notify parents, guardians, and staff members when hepatitis A occurs in your facility. You can use the [Disease Exposure Posting and Parent Letter](#) or create one of your own.

If you have a case of hepatitis A in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed and further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Hepatitis A](#)

[DPH Hepatitis A Childcare Fact Sheet](#)

[DPH Hepatitis A Fact Sheet](#)

[CDC Viral Hepatitis A Q&As](#)

Hepatitis B

Intro: Hepatitis B is caused by a virus and affects the liver as well as the stomach and intestines. It sometimes is a short-term illness but can become chronic (long-term) and cause serious complications.

Signs and symptoms may include:

- fever
- fatigue
- loss of appetite
- vomiting and/or upset stomach (nausea)
- abdominal pain
- dark urine or clay-colored bowel movements
- joint pain
- yellowing of skin/eyes (jaundice)

Prevention: Prevention relies on proper vaccination, proper cleaning and disinfecting, and proper disposal of waste, and following [Standard Precautions](#) when handling blood or blood-containing bodily. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with hepatitis B disease may attend if they feel well enough to do so and they have no fever without the use of fever reducing medication.

If you have a case of hepatitis B in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed and further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Hepatitis B](#)

[DPH Hepatitis B Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC Viral Hepatitis B Q&As](#)

Herpes Simplex Virus-1 (HSV-1; Cold Sores)

Intro: Cold sores (also known as fever blisters or oral herpes) are caused by a virus and cause small blisters that typically form around the lips and mouth. These blisters may ooze and are highly contagious.

Signs and symptoms may include:

- small blisters in and around the mouth/face
- fever
- swollen/tender lymph nodes
- sore throat
- drooling

Prevention: Prevention relies on frequent and thorough handwashing and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff with an active cold sore infection may attend if they are well enough to do so and they have no fever without the use of fever reducing medication.

Informative Sources:

[WHO: Herpes Simplex Virus](#)

Human Immunodeficiency Virus (HIV/AIDS)

Intro: HIV is a virus that weakens the immune system and may lead to AIDS (acquired immunodeficiency syndrome). Although HIV is contagious, it does not spread through typical contact in a childcare center.

Signs and symptoms may include:

- flu-like symptoms
- frequent illness
- none (asymptomatic)

Prevention: Prevention relies on following [Standard Precautions](#) when handling blood or blood-containing bodily fluids. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff with HIV may attend if they are well enough to do so.

Informative Sources:

[DPH Epi Manual: HIV/AIDS](#)

[CDC: About HIV](#)

Impetigo

Intro: Impetigo is one of several illnesses caused by group A streptococcus (GAS) bacteria. GAS causes different illnesses depending on where it is in the body. When it is on the skin, it is called impetigo and it causes a rash. It is a typically mild illness, but it is very contagious.

Signs and symptoms may include:

- red, itchy sores with yellow scabs found around the nose and mouth or on the arms and legs

Prevention: Prevention relies on frequent and thorough handwashing. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Staff/children with impetigo should stay home until they have started an antibiotic treatment and are able to keep the sores covered while at the childcare facility.

Informative Sources:

[DPH Group A Streptococcus Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Impetigo](#)

Influenza (Flu)

Intro: Influenza (“Flu”) is caused by a virus that affects the lungs, nose, and throat. Sometimes people, especially young children, can also have symptoms in their stomach and intestines. The illness can be mild or severe.

Signs and symptoms may include:

- fever and/or chills
- cough
- sore throat
- runny and/or stuffy nose
- muscle/body aches
- headaches
- tiredness
- vomiting, upset stomach (nausea), and/or diarrhea

Prevention: Prevention relies on proper vaccination, staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Taking [everyday preventative actions](#) can help reduce the spread of germs, like the flu. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Staff/children with influenza should not return to the childcare facility until they have no fever for at least 24 hours without the use of fever reducing medication and they are feeling well enough to attend.

Informative Sources:

[DPH Influenza Fact Sheet for Childcare Facilities](#)

[Iowa HHS Influenza Resources for Childcare](#)

[CDC: Influenza \(Flu\)](#)

[CDC: Flu for Childcare Providers](#)

[CDC: Key Facts About Flu](#)

[CDC: Everyday Preventative Actions](#)

Measles

Intro: Measles is a highly contagious disease that affects the lungs, nose, and skin. It can cause serious health complications.

Signs and symptoms may include:

- fever
- cough
- runny nose
- watery eyes
- a red rash that begins on the face and spreads down the body

Prevention: Prevention relies on proper vaccination and frequent and thorough handwashing. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Staff/children with measles should not return to the facility until four days after the rash appears, they do not have a fever without the use of fever reducing medication, and they are feeling well enough to do so.

If you have a case of measles in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed and further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Measles](#)

[DPH Measles Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Measles](#)

Meningococcal Disease

Intro: Meningococcal disease is caused by an infection of the bacteria *Neisseria meningitidis*. This illness is often severe and may include meningitis and sepsis.

Signs and symptoms may include:

- fever and/or chills
- stiff neck
- headache
- confusion
- muscle and/or body aches
- diarrhea
- vomiting and/or upset stomach (nausea)

Prevention: Prevention relies on proper vaccination, staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with meningococcal disease should not return to the facility until 24 hours after starting antibiotics and they have no fever without the use of fever reducing medication.

If you have a case of meningococcal disease in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed and further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Meningococcal Disease](#)

[DPH Meningococcal Disease Fact Sheet for Childcare Administrators](#)

[Iowa HHS Disease Information](#)

[CDC: Meningococcal Disease](#)

Molluscum Contagiosum

Intro: Molluscum Contagiosum is caused by a virus that causes a skin illness.

Signs and symptoms may include:

- raised, round, small skin-colored bumps that have a small dent in the center anywhere on the body; these growths also may become red and/or itchy

Prevention: Prevention relies on frequent and thorough handwashing as well as proper cleaning and disinfecting. Special attention should be paid to not sharing personal items including towels and linens. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff with molluscum contagiosum may attend if bumps can be covered with clothing or bandages and they feel well enough to do so.

Informative Sources:

[CDC: Molluscum Contagiosum](#)

[CDC: Molluscum Contagiosum at Day Care Centers](#)

Mononucleosis (Mono)

Intro: Mononucleosis (“Mono”, “Kissing Disease”) is caused by several different viruses and causes illness throughout the body.

Signs and symptoms may include:

- fatigue
- fever
- sore throat
- muscle and/or body aches
- swollen lymph nodes
- swollen liver/spleen
- rash

Prevention: Prevention relies thorough handwashing and avoiding body fluids, especially saliva. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with mono may attend if they feel well enough to do so and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Mononucleosis Fact Sheet](#)

[CDC: Infectious Mononucleosis](#)

MRSA (Staph Infections)

Intro: MRSA (Methicillin-resistant *Staphylococcus aureus*) is caused by a bacteria that is resistant to antibiotic treatment and usually causes a rash.

Signs and symptoms may include:

- a bump or infected area that is red, swollen, painful, warm to the touch, full of pus or other drainage
- fever

Prevention: Prevention relies on frequent and thorough handwashing and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with MRSA may attend if they are able to cover any part of the rash that is draining with clean bandages and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH MRSA Fact Sheet for Childcare Centers](#)

[Iowa HHS Disease Information](#)

[CDC: MRSA](#)

[CDC: MRSA For School & Daycare](#)

Mumps

Intro: Mumps is caused by a virus that causes illness in the mouth. It is not common but may cause very serious illness.

Signs and symptoms may include:

- swollen or puffy cheeks
- swollen/tender jaw
- fever
- headache
- muscle and/or body aches
- tiredness
- loss of appetite

Prevention: Prevention relies on proper vaccination, staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with mumps should not return to the facility until 5 days after symptoms started, they have no fever without the use of fever reducing medication, and they feel well enough to do so.

If you have a case of mumps in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed and further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Mumps](#)

[DPH Mumps Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Mumps](#)

[CDC: Mumps FAQs](#)

Norovirus

Intro: Norovirus is caused by a virus that causes illness in the stomach and intestines. It is very contagious and is the most common cause of vomiting, diarrhea, and foodborne illness in the United States.

Signs and symptoms may include:

- diarrhea
- vomiting and/or stomach upset (nausea)
- stomach pain
- fever
- headache
- muscle and/or body aches

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, food safety measures, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Unfortunately, norovirus is very hard to kill on hands and surfaces and can survive in the environment for a long time. Here are additional cleaning recommendations:

- [DPH Norovirus Cleaning Fact Sheet](#)
- When cleaning your hands, remember that **hand sanitizer alone is not good enough to kill norovirus**. You must wash your hands with soap and warm water.

Public Health Recommendations: Children/staff diagnosed with or suspected of having norovirus should not return to the facility until 48 hours after diarrhea has stopped and they have no fever without the use of fever reducing medication.

You may also want to notify parents that there is norovirus in the facility. You can use the [Disease Exposure Posting and Parent Letter](#) or create one of your own.

If you have a case of norovirus in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed, how to clean effectively, and if further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Norovirus](#)

[DPH Norovirus Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Norovirus](#)

Pertussis (Whooping Cough)

Intro: Pertussis (“Whooping Cough”) is caused by a bacteria and causes illness in the lungs. It is very contagious and can cause severe illness, especially in babies.

Signs and symptoms may include:

- cold-like symptoms
- runny nose
- irritating cough that can last for a long time, violent coughing fits, and/or gasping for breath after coughing fits (whooping noise)
- vomiting after coughing fits

Prevention: Prevention relies on proper vaccination, staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with whooping cough should not return to the facility until they have completed five days of antibiotics or 21 days after the cough started if no antibiotics are taken.

If you have a case of whooping cough in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed and further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Pertussis](#)

[DPH Pertussis Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Pertussis](#)

Respiratory Syncytial Virus (RSV)

Intro: Respiratory Syncytial Virus (“RSV”) causes illness in the lungs. It is a common illness that is usually mild, but it can be dangerous for infants.

Signs and symptoms may include:

- runny nose
- decrease in appetite
- coughing
- sneezing
- fever
- wheezing

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with RSV may attend if they feel well enough to do so and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH RSV Fact Sheet](#)

[CDC: RSV](#)

[CDC: RSV in Infants and Young Children](#)

Ringworm (Athlete's Foot)

Intro: Ringworm (also athlete's foot) is a common skin infection caused by a fungus. It can affect most parts of the body including the feet, scalp, groin, hands, toenails and fingernails, and/or arms and legs.

Signs and symptoms may include:

- itchy skin
- ring-shaped rash
- red, scaly, and/or cracked skin
- hair loss

Prevention: Prevention relies on not sharing personal items, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with ringworm may attend if they are being treated and they feel well enough to do so. However, they should not participate in activities that are likely to lead to close physical contact with others.

Informative Sources:

[DPH Ringworm Fact Sheet](#)

[CDC: Ringworm](#)

Roseola (Human Herpesvirus 6; Sixth Disease)

Intro: Roseola (“Sixth Disease”) is caused by a virus and causes illness in many parts of the body. It is a common and typically mild illness.

Signs and symptoms may include:

- fever
- seizures (due to high fever)
- sore throat
- runny nose
- cough
- diarrhea
- a rash that appears as many small, flat spots all over the body

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with roseola may attend if they feel well enough to do so and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Roseola Fact Sheet](#)

[Mayo Clinic: Roseola](#)

Rotavirus

Intro: Rotavirus is caused by a virus and causes illness in the stomach and intestines.

Signs and symptoms may include:

- severe watery diarrhea
- vomiting
- fever
- abdominal pain.

Prevention: Prevention relies on proper vaccination, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with rotavirus should not return to the facility until diarrhea has stopped and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Rotavirus Fact Sheet](#)

[CDC: Rotavirus](#)

Rubella

Intro: Rubella (“German Measles”) is caused by a virus and causes illness in many areas of the body. The illness is typically mild but can be very dangerous for pregnant women and their unborn child.

Signs and symptoms may include:

- fever
- headache
- pink eye
- general discomfort
- swollen/enlarged lymph nodes
- cough
- runny nose
- a red rash that generally first appears on the face and spreads to the rest of the body

Prevention: Prevention relies on proper vaccination, staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with rubella should not return to the facility until 7 days after their rash appeared and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Epi Manual: Rubella](#)

[DPH Rubella Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: About Rubella](#)

Salmonellosis (Salmonella)

Intro: Salmonellosis (“Salmonella”) is caused by a bacteria that causes illness in the stomach and intestines. It is a common infection in people of all ages, especially in the summer months.

Signs and symptoms may include:

- diarrhea (sometimes bloody)
- stomach cramps
- fever
- headache
- vomiting and/or upset stomach (nausea)

Prevention: Prevention relies on staying home when sick, food safety measures, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with salmonella should not return to the facility until diarrhea has stopped and there is no fever without the use of fever-reducing medications.

Informative Sources:

[DPH Epi Manual: Salmonellosis](#)

[DPH Salmonella Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Salmonella](#)

Scarlet Fever

Intro: Scarlet Fever is caused by a group of bacteria called Group A Streptococcus (GAS). GAS causes different illnesses depending on where it is in the body. When the illness includes a rash, it is known as scarlet fever.

Signs and symptoms may include:

- fever
- chills
- sore and/or red throat
- pain when swallowing
- headache
- muscle and/or body aches
- a rough and red rash that causes skin peeling as it fades

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with scarlet fever should not return to the facility until 24 hours after they have started antibiotics and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Group A Streptococcus Fact Sheet](#)

[CDC: Scarlet Fever](#)

Shigellosis (Shigella)

Intro: Shigellosis (“Shigella”) is caused by a bacteria that causes illness in the stomach and intestines. It is very contagious and can easily cause community outbreaks.

Signs and symptoms may include:

- diarrhea that may be watery, bloody, and/or covered with mucous
- painful bowel movements
- fever
- vomiting and/or upset stomach (nausea)
- abdominal cramps.

Prevention: Prevention relies on staying home when sick, food safety measures, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with shigella should not return to the facility until diarrhea has stopped for more than 48 hours and they have no fever without the use of fever reducing medication. If children do not have diarrhea but have tested positive for shigella, they may return 24 hours after starting an antibiotic.

Staff who are diagnosed with shigella should also have 2 negative stool cultures before returning to the facility. If they were treated with an antibiotic, they should wait 48 hours after finishing the medicine to collect their first sample. There should also be at least 24 hours between each sample collected.

Informative Sources:

[DPH Epi Manual: Shigellosis](#)

[DPH Shigellosis Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Shigellosis](#)

[CDC: Shigellosis for Childcare Facilities](#)

Strep Throat

Intro: Strep Throat is caused by a group of bacteria called Group A Streptococcus (GAS). GAS causes different illnesses depending on where it is in the body. When it is in the throat it is called strep throat. It is very contagious, but it is typically a mild illness.

Signs and symptoms may include:

- fever
- pain when swallowing
- sore throat
- red/swollen throat
- white patches at the back of the mouth
- swollen lymph nodes

Prevention: Prevention relies on staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with strep throat should not return to the facility until 24 hours after starting an antibiotic and they have no fever without the use of fever reducing medication.

Informative Sources:

[DPH Group A Streptococcus Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Strep Throat](#)

Tuberculosis (TB)

Intro: Tuberculosis (“TB”) is caused by a bacteria that can cause illness in many different parts of the body. A person can have TB in their body for many years without having symptoms. This is called latent TB. A person with latent TB cannot spread TB to anyone else and may not even know that they have the infection. Eventually, some people with latent TB will become sick and they will have what is called active TB. If this illness is in their lungs or throat, they could be infectious to others.

Signs and symptoms may include:

- a bad cough that lasts 3 weeks or longer and/or coughing up blood
- chest pain
- weakness/tiredness
- weight loss
- lack of appetite
- fever and/or chills
- night sweats

Prevention: Prevention relies on proper treatment for people with both active and latent TB. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff diagnosed with active and infectious TB should not return to the facility until they have started treatment and a medical provider has determined that they can no longer spread the illness to others.

Children/staff diagnosed with active TB that is not infectious or latent TB may attend if they feel well enough to do so.

Informative Sources:

[DPH Epi Manual: Tuberculosis](#)

[DPH Tuberculosis Fact Sheet](#)

[CDC: Tuberculosis](#)

[CDC: Tuberculosis and Children](#)

[CDC: Tuberculosis General Fact Sheet \(Multiple Languages\)](#)

Varicella (Chickenpox and Shingles)

Intro: Chickenpox is caused by a virus and causes a rash. It is very contagious and can have serious complications. It used to be common for most children to get chickenpox, but it has become rare with vaccination. If someone had chickenpox as a child, it may cause them to be sick again as an adult. When this happens it is called shingles.

Signs and symptoms may include:

- an itchy rash over the whole body that is made of fluid-filled blisters that scab over as they heal
- fever
- tiredness
- loss of appetite
- headache

Prevention: Prevention relies on proper vaccination, staying home when sick, frequent and thorough handwashing, and proper cleaning and disinfecting. Refer to all sections within [General Disease Prevention Guidance](#) for prevention guidelines.

Public Health Recommendations: Children/staff with chickenpox or shingles should not return to the facility until their rash has scabbed over (usually around 6 days) and they have no fever without the use of fever reducing medication.

You should also notify parents that there is chicken pox or shingles in the facility. You can use the [Disease Exposure Posting and Parent Letter](#) or create one of your own.

If you have a case of chickenpox or shingles in your facility, please reach out to [JCPH](#) to discuss whether other children/staff may have been exposed and further public health guidance is needed.

Informative Sources:

[DPH Epi Manual: Varicella Zoster](#)

[DPH Varicella Zoster Fact Sheet](#)

[Iowa HHS Disease Information](#)

[CDC: Chickenpox](#)

[CDC: Shingles](#)

General Resources

Contact Information

Listed below is the contact information for different agencies and resources. For specific circumstances and questions, please reach out to the contacts below for help.

- Johnson County Public Health (JCPH)
 - Phone: (319) 356-6040
 - If you have questions about preventing the spread of an illness in your facility, ask to speak to a **Disease Prevention Specialist**
 - If you have questions about FWP rules, regulations, and requirements, ask to speak to the **Childcare Nurse Consultant**
 - If you have any **urgent issue** outside of normal business hours use these numbers:
 - Urgent Public Health Issues Phone: (319) 356-6022
 - Weekend Disease Reporting Hotline: 800-362-2736

- FWP Child Care Licensing Consultant
 - Heidi Brown
 - Phone: 563-263-9302 Ext 1025
 - Email: hbrown@dhs.state.ia.us

Signs and Symptoms Chart

Caring for Our Children: National Health and Safety Performance Standards supplies a Signs and Symptoms Chart. This chart can be used as a quick reference when a child shows a symptom listed to figure out possible causes and recommendations on how to proceed.

[CFOC Signs and Symptoms Chart](#)

National Health and Safety Performance Standards Guidelines for Early Care Programs

The CFOC Online Standards Database is a great resource to use when trying to find information. The search tool provides the most up-to-date source on a variety of guidelines and standards referenced by Iowa HHS. Recommendations on procedures and other topics can be found in this database.

[CFOC Online Standards Database](#)

Disease Exposure Posting and Parent Letter

Provided is a simple example of a disease exposure posting from Iowa HHS; please feel free to create one if it would work better for your facility. Posting a notice of the exposure of a child to a communicable disease is required in a visible location and should include the name of the disease, symptoms, and period of communicability. Also included is a simple parent letter template for a communicable disease exposure in your center. These are basic templates that may be used in exposure situations but should be updated or changed where necessary. If your childcare center needs something more specific, please reach out to [JCPH](#) for help creating a notification.

Communicable Disease Posting:

Your Child Was Exposed To:
Your Child Was Exposed On:

Please review the following materials and watch for symptoms.

If your child has any symptoms of this disease, call your doctor to find out what to do. Be sure to tell your doctor about this notice.

Attach an information sheet from the website of your choice:

DPH EPI Manual:

<https://wiki.idph.iowa.gov/epimanual>

Information on Diseases & Conditions for Parents with Infants & Toddlers (Ages 0-3):

https://www.cdc.gov/parents/infants/diseases_conditions.html

Information on Diseases & Conditions for Parents with Children (Ages 4-11):

https://www.cdc.gov/parents/children/diseases_conditions.html

Kids Health:

<https://kidshealth.org/en/parents/first-aid-guides.html>

Communicable Disease Exposure Notice

(Date)

Dear Parent or Legal Guardian,

A child or staff member in our program has or is suspected of having **(communicable disease name)**. Your child may have been exposed on **(date of possible exposure)**.

Symptoms of this disease may include **(insert symptoms)**.

If your child experiences any of these symptoms or appears ill, please notify your child's doctor and be sure to tell them about this exposure notice. Precautions are being taken at **(center name)** to reduce the spread of this disease. **(List precautions if desired)**.

(Provide informative sources of your choosing regarding disease if desired)

Please contact us with any questions.

(Childcare Sign off)