

Date : _____

TO PARENTS

SUBJECT: Infectious diseases in schools

Infectious diseases in schools are frequent and can have important health consequences. Some of these infectious diseases are contagious, meaning that they can be transmitted from one person to another.

Parents are responsible for ensuring that their child receives the appropriate vaccines. Vaccination remains the best method of preventing certain diseases and limiting their transmission. Your child should have received the vaccines included in Québec's regular vaccination schedule. Contact your local community service centre (CLSC) affiliated to the CSSS (health and social services centre) or your attending physician to make sure that your child is adequately protected.

Hygiene measures such as hand washing, avoid sharing personal items, cover wounds with a dressing and take measures to avoid contact with someone else's blood are all excellent ways to help prevent the transmission of infectious diseases.

If your child is sick, you must notify the school of his absence. If you take your child to the doctor, ask whether he has a contagious disease; if so, notify school authorities. The CLSC nurse (affiliated to the CSSS) will be informed and, if necessary, will contact you for further information.

Children with a contagious disease should remain at home until they are fully able to participate in school activities. The delay may be extended in the case of certain diseases that remain contagious for longer periods of time. The physician who evaluates your child will provide you with more details.

We have included for your information a leaflet on pediculosis (result of a lice infestation) prepared by the Ministère de la Santé et des Services sociaux du Québec. Because it constitutes an important prevention and treatment tool, we strongly encourage you to read it over carefully and save it for future reference.

Thank you for your cooperation.

CLSC school nurse (affiliated to the CSSS)

School principal or other executive

Note : If your child has a specific medical condition (weakened immune system, etc.), please ask your physician about the risk of contracting contagious diseases and advise us immediately.

Date : _____

TO TEACHERS
TO NON-TEACHING STAFF
TO SUPPORT STAFF

SUBJECT: Infectious diseases in schools

Infectious diseases in schools are frequent and can have important health consequences. Some of these infectious diseases are contagious, meaning that they can be transmitted from one person to another.

Vaccination remains the best method of preventing certain diseases and limiting their transmission.

You should have already received the vaccines included in the Québec vaccination schedule. If unsure, please make an appointment with your local community service centre (CLSC) affiliated to the CSSS (health and social services centre) or see your physician in order to receive any necessary vaccines.

Hygiene measures such as hand washing, avoid sharing personal items, cover wounds with a dressing and take measures to avoid contact with someone else's blood are all excellent ways to help prevent the transmission of infectious diseases.

If you are sick and must see a physician, please ask him whether you have a contagious disease. If so, notify school authorities immediately. The CLSC nurse (affiliated to the CSSS) will be notified and, if necessary, will contact you for further information.

If you believe that a child may have an infectious disease, please notify school authorities immediately.

Thank you for your cooperation.

CLSC school nurse (affiliated to the CSSS)

School principal or other executive

Note : If you have a specific medical condition (are pregnant, are immunosuppressed, etc.), discuss with your physician the risks of contracting contagious diseases and the measures to take to protect you (e.g., preventive withdrawal).

À NOTER : concernant les « LETTRES AUX PARENTS »

Aucune lettre ne devrait être envoyée si le diagnostic n'a pas été confirmé par un médecin.

Aucune lettre ne devrait être envoyée sans l'accord ou entente préalable avec l'infirmière scolaire du CSSS volet CLSC.

Pour les maladies à déclaration obligatoire (MADO), la DSPE doit toujours être avisée afin de valider la démarche.

Date : _____

TO PARENTS

SUBJECT: Whooping cough (primary school)

A student in your child's class currently has whooping cough. It is an infectious disease transmitted by contact with droplets projected from the nose and throat of infected persons. Symptoms generally appear around 7 to 10 days after there has been a contact. Whooping cough begins like a common cold (runny nose, cough, teary eyes), after which it develops into a persistent and uncontrollable cough that can last 6 to 10 weeks. The cough occurs in paroxysm and may cause a choking sensation and vomiting. Whooping cough can lead to serious complications (neurological and pulmonary), particularly in children less than one year old.

The Direction de santé publique recommends that you:

- Check that your child has been appropriately vaccinated. Under the provincial vaccination schedule, children must be vaccinated against whooping cough at the ages of: 2 months, 4 months, 6 months, 18 months and lastly, when they are between 4 and 6 years old (before beginning school). If you believe that your child may not have received all of the necessary vaccines, contact your CLSC (affiliated to the CSSS) or your doctor.
- If your child develops whooping cough symptoms, please keep him or her at home, consult your physician and notify school authorities if the diagnosis is confirmed.

Thank you for your cooperation.

CLSC school nurse (affiliated to the CSSS)

School principal or other executive

NOTE : If you see a physician, bring along a copy of this letter.

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Date : _____

TO PARENTS

SUBJECT: Erythema infectiosum (fifth disease)

A student in your child's class currently has erythema infectiosum (fifth disease).

This disease is characterized by a rash evolving in three stages. The first stage consists of redness (erythema) of the cheeks, followed, a few days later, by the eruption of small red spots on the trunk, arms and legs. Over the next three weeks, the rash can reappear after exposure to heat or the sun.

Pregnant women exposed to people with erythema infectiosum should consult their physician.

If your child exhibits such a rash, we recommend, at first, seeing a physician to obtain a specific diagnosis, and then contacting the school. Your child may, however, continue to attend school.

Thank you for your cooperation.

CLSC school nurse (affiliated to the CSSS)

School principal or other executive

NOTE : If you see a physician, bring along a copy of this letter.

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Date : _____

TO PARENTS

SUBJECT: Scabies

There are currently cases of scabies in your child's class, a disease caused by a parasite that lodges under the skin.

The parasite shows up mainly as red spots, tiny blisters filled with liquid and thin reddish lines located mostly between the fingers, at the wrists, in the fold of the elbows, under the arms, at the waist, on the groin and thighs. Itchiness may be stronger at night.

Because scabies can spread extremely fast among the children and members of a household, all family members must be treated **simultaneously**, regardless of whether or not they have symptoms.

Scabies is mainly transmitted through contact with the infected person skin's. The parasite can also be transmitted by sharing clothes, bed or towels.

If you suspect that a member of your family has scabies, consult a doctor to confirm the diagnosis and receive appropriate treatment recommendations. You must also notify the school if a diagnosis of scabies is confirmed.

While undergoing treatment, you must always wash and dry - at very high temperatures - all clothing or bedding used during the four days preceding the treatment. Clothes or items that cannot be washed (e.g., pillows and cushions) should be dry-cleaned or placed in a sealed plastic bag for a minimum of 4 days.

Your child can return to school once he or she has received the necessary treatment.

Even in the case of successful treatment, it is VERY IMPORTANT to remember that itchiness can persist for a period of several weeks.

Thank you for your cooperation.

CLSC school nurse (affiliated to the CSSS)

School principal or other executive

NOTE : If you see a physician, bring along a copy of this letter.

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Date : _____

TO PARENTS

SUBJECT: Impetigo

A number of students in your child's class currently have impetigo. It is an infectious skin disease characterized by purulent lesions which form a crust. This infection often appears on the face, especially around the mouth or nose.

Impetigo spreads through contact with the lesions or contaminated respiratory fluids.

Additional hygiene measures such as careful hand washing are very helpful in preventing the disease's propagation. Also, persons afflicted with impetigo should make an effort to cover up their lesions.

Impetigo is treated with antibiotics. If you see lesions on your child's skin, see your physician and subsequently notify the school if a diagnosis of impetigo is confirmed.

Thank you for your cooperation.

CLSC school nurse (affiliated to the CSSS)

School principal or other executive

NOTE : If you see a physician, bring along a copy of this letter.

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Pour les maladies à déclaration obligatoire (MADO), la DSPE doit toujours être avisée afin de valider la démarche.

Date: _____

TO PARENTS

SUBJECT: Streptococcal pharyngitis/tonsillitis (group A) or scarlet fever

There are currently cases of group A streptococcal pharyngitis/tonsillitis or scarlet fever in your child's class.

This infection can cause fever, sore throat, swollen lymph nodes, nausea, vomiting and skin rash.

If you suspect that your child has this disease, keep him or her at home and consult your physician. Notify the school if the diagnosis is confirmed.

Children who have streptococcal infection may return to school 24 hours after the antibiotic treatment begun, if they feel well enough to participate in regular activities.

Thank you for your cooperation.

CLSC school nurse (affiliated to the CSSS)

School principal or other executive

NOTE : If you see a physician, bring along a copy of this letter.

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Date: _____

TO PARENTS

SUBJECT: Varicella (chickenpox)

A student in your child's class currently has varicella.

Symptoms of varicella include fever, skin rash (red spots that transform into blisters filled with liquid) and itching. The rash spread from the thorax towards the legs, arms and head. Blisters will form scabs and disappear within a few days. Notify school authorities if your child has these symptoms. You can administer acetaminophen to relieve the fever. However, avoid giving any medications containing acetylsalicylic acid (AAS or aspirin) or ibuprofen.

Varicella can lead to serious skin infections. See your physician if your child has a high fever, or if a chickenpox spot becomes enlarged, red or very sore, or if a new fever develops after the first couple of days or if your child seems very ill.

Persons with an immunosuppressive condition (e.g., AIDS, leukemia or any other type of cancer, ongoing cortisone treatments, etc.) must see a physician promptly after receiving this letter. Pregnant women who have never had varicella in the past nor been vaccinated against this disease must see a physician if they come into contact with an infected person.

Every child more than one year old can receive the varicella vaccine included in the Quebec's regular vaccination schedule. The vaccine can also help prevent the disease if given soon after a contact with an infected person. Antiviral drugs may at times be recommended for persons at risk of presenting a moderate or severe case of chickenpox. This group includes: people with a chronic pulmonary or skin condition, people who take cortisone in aerosol form or have had short and intermittent oral cortisone treatments, people who take acetylsalicylic acid (AAS or aspirin) on a regular basis, people over the age of 12, and pregnant women.

A child with chickenpox can continue to attend school if his health condition allows participation in regular activities.

Thank you for your cooperation.

CLSC school nurse (affiliated to the CSSS)

School principal or other executive

NOTE : If you see a physician, bring along a copy of this letter.