Don’t Open Pandora’s Box
Recognition and Response to Communicable Diseases

Austin-Travis County Health and Human Services Department
Objectives

1. Identify communicable diseases that may be seen in your facilities.
2. List methods of transmission.
4. Know when to call/ask for help.
Conjunctivitis (PINK EYE)
Signs of Conjunctivitis

- Pink or red color in white of eyes
- Increased tearing
- Discharge of pus
- Itching, irritation, and/or burning
- Crusting of eyelids or lashes
- Symptoms of a cold, flu or other URI
- Allergy symptoms
Conjunctivitis
Types and Spread

- Viral & Bacterial
  Contaminated items or hands

- Allergic/Chemical
  Not contagious
Conjunctivitis Prevention & Treatment

- Wash hands
- Avoid touching or rubbing your eyes
- Wash linens/towels in HOT water & detergent
- Keep hand washing facilities well stocked and accessible

- Viral – usually none
- Bacterial – Antibiotic ointment/drops
- Allergic – Remove allergens
Varicella Zoster Virus

- Herpes virus (DNA)
- Primary infection results in Varicella or chickenpox
- Recurrent infection results in herpes zoster (shingles)
- Short survival in environment
Chicken Pox Symptoms

- Fever, headache, sore throat
- Followed in 1-2 days by:
  - Itchy red rash. Lesions fill with fluid and progress to crusting stage in 24-48 hrs
- All lesions are usually crusted over in 5 – 10 days
Varicella
How is it spread?

- Airborne droplet spread
- Direct contact with lesions
- Peaks in winter and early in spring in USA
- Communicable for 1-2 days before to 4-5 days after onset of rash. It may be longer in immune compromised persons.
Varicella Prevention

- Cover your cough
- Persons must be excluded from activities for 7 days or until all lesions have crusted over.
- Adults and children should be immunized.
Shingles

- Recurrent reactivation of Varicella zoster virus.
- Associated with:
  - aging
  - immune suppressed
  - intrauterine exposure
  - Varicella at younger than 18 months of age
Symptoms of Shingles

- Initially, burning, tingling or itching on an area of the body
- Painful, blistering rash
- Rash can last up to 30 days
- Long term pain called “ neuralgia ” that can last months or even years after rash is gone.
Shingles Prevention

- Vaccinate all persons 60 years and older
- Persons are not restricted from group activities as long as the lesions are covered.
Lice-Parasite

- Head Lice
- Pubic Lice
- Body lice
Symptoms of Lice

- **Pubic lice:**
  - Itching in genital area
  - Sores in genital area due to scratching

- **Head lice:**
  - Tickling feeling in scalp
  - Itching worse behind ears and back of neck
  - Sores on the head from scratching

- **Body Lice:**
  - Rash w/red bumps crusted over from scratching
  - Intense itching
Lice
How is it Spread?

- Direct contact with a person who has lice or through infected clothes, towels or bedding
- Risk increased in crowded conditions and with poor hygiene
- Pubic lice – sexual contact
Lice Prevention

- Remove all nits/eggs – fine tooth comb
- Regularly check for eggs in the scalp of known close contacts
- Restrict persons with active infestation from group activities until they are treated and the eggs removed.
- Launder all bedding and towels on a regular basis
Lice Treatment

- **Head Lice Treatment:**
  * Lindane shampoo
  * Ovide-Malathion lotion

- **Pubic Lice Treatment**
  * Kwell or Elimite-lotion with 1% permethrin
  * Ovide Malathion lotion
Scabies are microscopic
- Burrows into the upper layer of the skin
- Lives & lays its eggs under the skin.
- Only affects people.
Scabies

Transmission:

- Direct contact with someone who has scabies
- Contact includes skin to skin or contact with infected articles
Scabies
Prevention & Treatment

- Limit direct skin-to-skin contact or sharing of articles
- Crusted scabies is very contagious
- Clothing, bedding, towels need to be washed in hot water and dried on hot cycle
- Medicine—Scabicides—No over the counter meds & retreatment may be necessary if itching continues after 2-4 weeks or new burrows develop
- All persons in household should be treated at the same time
Ring Worm (Tinea)

- Fungal infection
- Characteristic “ring” with red blisters inside the ring
Ring Worm (Tinea)

Transmission:

- Ringworm (Tinea) is not a worm but a fungus of the scalp or body causing characteristic “ring” shape of reddened, scaly skin
- Contagious-passed from human to human, sharing personal items, locker room, pool surfaces, dogs or cats
- Tinea can be on different parts of body including:
  - face & neck
  - body
  - head
  - groin
  - feet
Ringworm Prevention & Treatment

- Don’t share personal items including clothing, bedding, towels
- Cream or Lotion --Treatment for 2 weeks
  - Clotrimazole-Cruex, Desenex, Lotrimin Cream
  - Miconazole-Monistat
  - Ketoconazole-Nizoral
    - Terbinafine-Lamisil
Impetigo

- Bacterial infection
- Red, fluid filled sores, ooze fluid & develop a yellow-brown crust
- Most often appear around the mouth & nose but can be anywhere on the body
Impetigo

Transmission:
- Bacteria can be either strep or staph
- Contagious
- Spread by direct, close contact or sharing of personal items including towels, sheets, clothing & toys
Impetigo
Prevention & Treatment

- Don’t share personal items
- Cream or lotion—treat for 2 weeks
  * Clotrimazole-Cruex, Desenex, Lotrimin cream
  * Miconazole-Monistat
  * Ketoconazole-Nizoral
  * Terbinafine-Lamisil
BED BUGS
Awareness is the Key Not Fear
Bed Bugs
Carpet Infestation

Courtesy of OSU Extension
Bed Bugs
Furniture Infestation

Courtesy of OSU Extension
Bed Bugs

- Adult bed bugs are visible to the naked eye.
- They are brown and about ¼ – 3/8” long when full-grown.
- In the nymph stages, bed bugs are whitish and smaller, but they are still often visible.
- They don't fly, but they are adept crawlers—They scatter quickly if they’re disturbed.
- They do not jump on you like fleas and will hide when exposed to light.
- They can live up to 1 year between meals.
Bed Bugs

- Bites may itch, but not always. The welts that form are white, but they may become inflamed. The bites often occur in rows.
- Bed bugs are not known to transmit disease, but scratching the welts may lead to skin infections.
BED BUGS
Transmission

- Bed bugs are blood feeders. The bugs can go weeks to months between meals, up to 1 year
- Bed bug bites normally occur at night, and the bite is generally painless.
- Itchy welts generally develop
- Scratching the welts may lead to the development of dermatitis and secondary infections.
Bed Bugs
Transmission

- Bed bugs leave tell-tales signs such as blood stains near the bite site.
- Dark deposits (fecal spots) occur on sheets, mattresses and walls.
- In severe infestations, a sweet, musty odor from the insects’ scent glands may be present.
Prevention

What Do I Do if I Suspect Someone Has Bed Bugs?

- Use the appropriate PPE to protect yourself
- Distance the person from other clients, remember bed bugs don’t jump.
- Note any personal articles, bags, luggage, backpacks that the client has brought with them.
- Minimize time spent in the potentially exposed area.
Bed Bugs Prevention

- Be aware of the surroundings
- Bed bugs stay within 8ft of sleeping areas so limit clutter
- Bed bugs scatter when exposed to light
- You are the eyes & ears to minimize exposures
- Contact your supervisor if you suspect a client has bed bugs
Resources

• COA Resources:
  • 311 operators: multi-family housing setting

• Environmental Consumer Health Unit (ECHU) @978-0375: hotels, motels, boarding homes

• Single family homes: Epidemiology and Disease Surveillance Unit @972-5555 can provide education. It may be necessary to contact a commercial pest control company.
The communicable diseases discussed include:
* Conjunctivitis
* Varicella Zoster Virus (chickenpox)
* Shingles
* Lice
* Scabies
* Ringworm
* Impetigo
* Bedbugs
Summary

Methods of transmission include:

- Direct contact
- Airborne or droplet spread
- Inadequate hygiene
- Sharing of personal items
Summary

Prevention and treatment:
* Wash your hands!!!!
* Wash laundry in hot water and detergent.
* Use all antibiotic creams & ointments as prescribed.
* Cover your cough.
* Exclude persons while contagious.
* Vaccinate
* Limit close or direct contact.
When do I call the Health Dept?

- To report chickenpox/Varicella.
- For questions regarding communicable diseases.
- Call ECHU for bed bug issues in hotel/motel @978-0375.
- Call 311 for bed bugs in multi-family residential dwellings.
QUESTIONS
References

- http://www.cdc.gov/chickenpox/about/photos.html
- http://www.cdc.gov/shingles/about/photos.html
References

- [www.cdc.gov/parasites/lice/head/](http://www.cdc.gov/parasites/lice/head/)
- [www.ncbi.gov/pubmedhealth](http://www.ncbi.gov/pubmedhealth)
- [www.cdc.gov/parastes/scabies/](http://www.cdc.gov/parastes/scabies/)