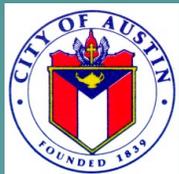


Don't Open Pandora's Box

Recognition and Response to Communicable Diseases



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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.
3. Describe prevention and treatment.
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

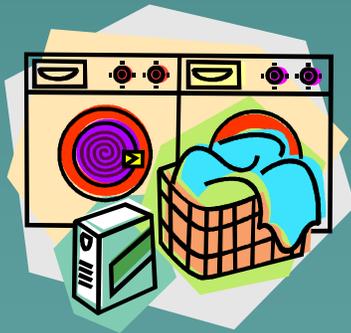
Conjunctivitis

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

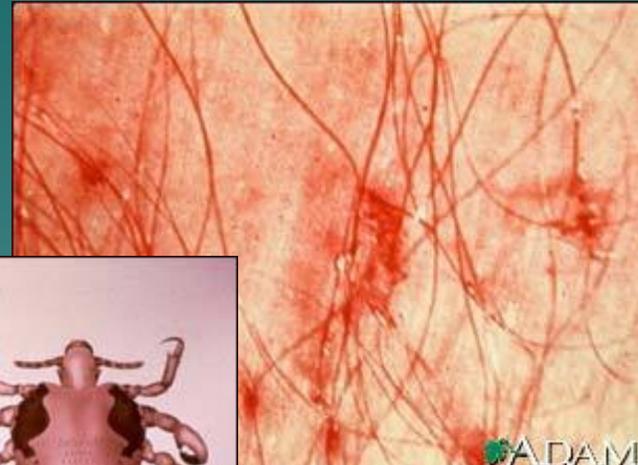
- ◆ Vaccinate all persons 60 years and older
- ◆ Persons are not restricted from group activities as long as the lesions are covered.



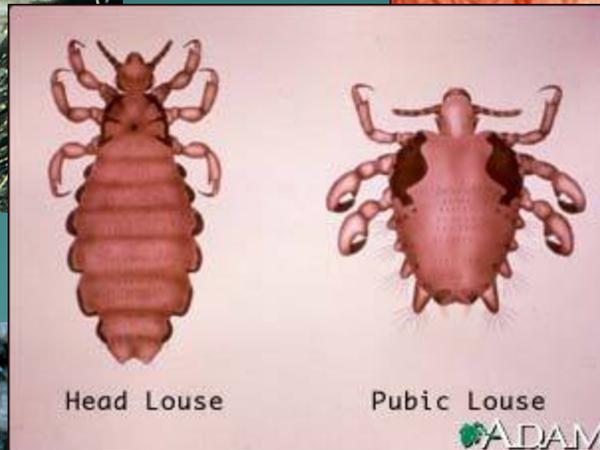
Lice-Parasite



◆ Head Lice

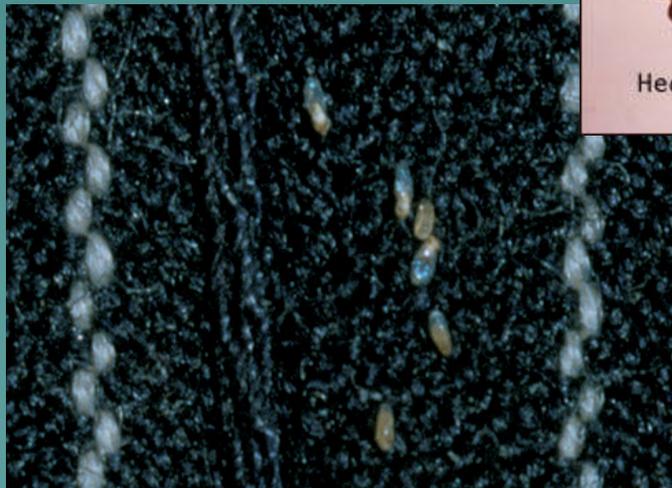


Pubic Lice



Head Louse

Pubic Louse



-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-human itch mite



- Scabies are microscopic
- Burrows into the upper layer of the skin
- Lives & lays it's eggs under the skin.
- Only affects people.

Scabies

Transmission:

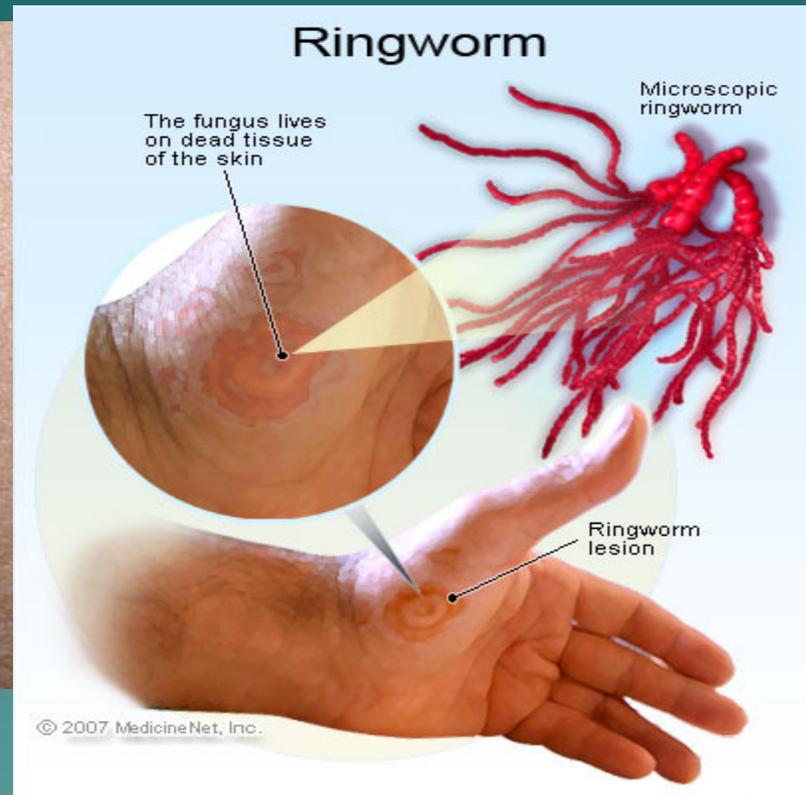
- ◆ Direct contact with someone who has scabies
- ◆ Contact includes skin to skin or contact with infected articles

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
 - head
 - feet
 - body
 - groin

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 $\frac{1}{4}$ – $\frac{3}{8}$ " 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.

Summary

- ◆ 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.

Summary

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



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