



Infants and young children who attend child care centers are at an increased risk of illness. It is impossible to prevent all infectious diseases from occurring in child care centers. However, prevention and control measures can help reduce the spread of disease.

### Prevention and Control Measures:

- Hand-washing
- Use of antibacterial hand sanitizer
- Cough or sneeze in your sleeve
- Stay home when ill
- Meet minimal immunization requirements for NJ



## Reporting a Disease

According to the NJ Administrative Code Title 8, Chapter 57, Section 1.4; a person having control or supervision over a hospital, or other health care institution, correctional facility, school, summer camp, child care center, preschool, or institution of higher education is required to report any person who is ill or infected with any disease listed in N.J.A.C. 8:57-1.3. These facilities must also immediately report by telephone any outbreak\* or suspected outbreak of illness, including but not limited to, foodborne, waterborne or hospital-acquired disease or a suspected act of bioterrorism.

\*An outbreak is defined as an increase in cases of a disease above what is normally expected in that population in that area.

## Bergen County Department of Health Services

One Bergen County Plaza, 4th Floor  
Hackensack, NJ 07601  
Phone: 201-634-2600  
Fax: 201-336-6086  
healthdept@co.bergen.nj.us  
www.bergenhealth.org

### Communicable Disease Nurses

201-634-2657  
201-634-2652



### COUNTY OF BERGEN

James J. Tedesco, III  
*County Executive*

Board of Chosen Freeholders

www.co.bergen.nj.us

New Jersey Department of Health  
www.state.nj.us/health

## Bergen County Department of Health Services



## Communicable Disease Reporting



Public Health  
Prevent. Promote. Protect.

## Respiratory Illnesses

### **Measles** Immediately Reportable

- Blotchy rash
- Cough
- Fever
- Red, watery eyes
- Runny nose
- Koplik's spots

### **Mumps** Reportable within 24 hours

- Fever
- Muscle aches
- Appetite loss
- Swelling of salivary glands under the ears on one or both sides (parotitis)
- Headache
- Tiredness

### **Rubella (German Measles)**

#### Immediately Reportable

- Rash
- Tiredness
- Low-grade fever
- Swollen glands

### **Pertussis (Whooping Cough)**

#### Immediately Reportable

- Cold-like symptoms (i.e. sneezing, runny nose, low-grade fever, mild cough)
- Paroxysms (rapid cough)
- Post-tussive vomiting
- Inspiratory whoop

### **Meningococcal Disease**

#### Immediately Reportable

- Fever
- Stiff neck
- Vomiting
- Increased sensitivity to light
- Headache
- Nausea

### **Varicella (Chickenpox)**

#### Reportable within 24 hours

- Rash of itchy, fluid-filled blisters
- Headache
- Fever
- Tiredness

## Gastrointestinal Illnesses

### **Shigellosis** Reportable within 24 hours

- Diarrhea (may be watery or bloody)
- Fever
- Cramps

### **E. coli infection**

#### Reportable within 24 hours

- Diarrhea (often bloody)
- Vomiting
- Cramps

### **Salmonellosis** Reportable within 24 hours

- Diarrhea
- Fever
- Cramps

### **Campylobacteriosis**

#### Reportable within 24 hours

- Diarrhea (may be bloody)
- Fever
- Vomiting
- Cramps
- Nausea

### **Giardiasis** Reportable within 24 hours

- Diarrhea
- Vomiting
- Cramps
- Greasy stools that tend to float
- Gas
- Nausea

### **Hepatitis A** Immediately Reportable

- Clay-colored bowel movements
- Dark urine
- Tiredness
- Nausea
- Jaundice
- Cramps
- Vomiting

## Other Infectious Agents

### **Norovirus** Immediately Reportable if Outbreak

- Diarrhea
- Nausea
- Fever
- Vomiting
- Cramps
- Headache

### **RSV (Respiratory Syncytial Virus)**

#### Immediately Reportable if Outbreak

- Runny nose
- Cough
- Fever
- Appetite Loss
- Sneezing
- Wheezing

### **Fifth Disease**

#### Immediately Reportable if Outbreak

- Fever
- Headache
- "Slapped cheek" rash on face
- Lacy red rash on the trunks and limbs
- Runny nose

### **MRSA** Immediately Reportable if Outbreak

- Skin infections (may look like a pimple or boil)
- Red Swollen Painful Pus

### **Hand, Foot and Mouth Disease**

#### Immediately Reportable if Outbreak

- Fever
- Rash
- Sores in and around the mouth
- Sore Throat

### **Head Lice** Immediately Reportable if Outbreak

- Itching
- Sores (caused by scratching)

### **Scabies** Immediately Reportable if Outbreak

- Rash
- Itching
- Tiny burrows seen on the skin

## Exclusions

### **Measles**

- Until 4 days after onset of rash

### **Mumps**

- Until 5 days after onset of gland swelling

### **Rubella (German Measles)**

- Until 7 days after onset of rash

### **Pertussis (Whooping Cough)**

- Until 21 days from onset of cough, or 5 days after initiation of appropriate antibiotic therapy

### **Varicella (Chickenpox)**

- Until lesions have dried and crusted, or until no new lesions appear within a 24-hour period; usually by the fifth day

### **Shigellosis, E. coli infection,**

#### **Salmonellosis \***

- Until diarrhea resolves and child has 2 negative stool cultures

### **Campylobacteriosis, Giardiasis \***

- Until diarrhea resolves

### **Hepatitis A \***

- Until afebrile and 1 week after onset of jaundice

**\* Other exclusions may apply**

