

SANILAC COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

ADMINISTRATIVE POLICY

NUMBER: BA150

NAME: ILLNESS PROTOCOL FOR COMMUNITY-BASED PROGRAMS

INITIAL APPROVAL DATE:	09/09/2020	BY: Administrative Committee
(LAST) REVISION DATE:	05/26/2021	BY: Administrative Committee
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DISCONTINUED DATE:	N/A	REPLACED BY: N/A

I. **PURPOSE**

It shall be the policy of Sanilac County Community Mental Health Authority (Sanilac CMH) to maintain a safe and healthy environment and to prevent the spread of communicable diseases to staff and individuals that attend programs at Sanilac CMH.

II. **APPLICATION**

Populations: **ALL**
Programs: **Direct – ALL**
Contracted - ALL

III. **PROCEDURE**

For Community-Based Programs:

1. The Program Supervisor/Designee notifies individuals, parent/guardian, home supervisor/operator that the individual should be screened for signs and symptoms of illness prior to sending them to a community-based program.
2. Ensures the program has both home and work telephone numbers for the individual's parents and/or guardian and residential provider.
3. When in doubt, refer to the following regarding the exclusion of individual or staff from community-based program activities:
 - a. Disease-Specific Information and Exclusion Guidelines from the Michigan Department of Health and Human Services
 - b. Primary Care Physician
 - c. Registered Nurse
 - d. Local Public Health Department
4. The COO/Designee notifies the program when the individual's condition meets exclusion criteria.
5. The COO/Designee determines appropriateness of exclusion from community-based programs based on psychiatric symptoms and may approve exclusion or consult with the psychiatrist. Individuals who participate in outpatient services may not be excluded from services for any reason.

Sanilac County Community Mental Health Authority Policy Manual

6. When appropriate, the treating Psychiatrist and/or Medical Director, consults with the Registered Nurse and COO/Designee regarding appropriateness of exclusion from the community-based program based on psychiatric symptoms.
7. The Program Supervisor/Designee will notify homes and concerned parties of decision to exclude or not exclude individual from community-based programs. This decision is based on the JTI/CE/CLS/SanCo/ABA program sick policy.
8. The treatment team will notify at risk individuals of possible exposure to contagious conditions. They will educate individuals on universal precautions and resources for related integrated health care resources to help prevent the spread of communicable diseases.

For Outpatient Programs:


1. Individuals who receive services through outpatient's programs are not to be excluded from attending program due to contagious disease.
2. Staff will encourage individuals to seek appropriate medical care of potential illness. They will inform the individual's guardian, if applicable.
3. If the individual has a known documented communicable disease, attempt to schedule them as the last patient of the day or during non-peak clinical hours to limit exposure to others.
4. The room should then be identified with a sign to notify staff not to utilize the room until maintenance has been able to decontaminate the room.
5. Staff will utilize universal precautions when dealing with a possible contagion.
6. Staff have the ability to utilize shared meeting spaces, such as conference rooms, to meet with individuals who report possible exposures to contagious conditions. Staff will then inform maintenance, through a track-it, so that appropriate decontamination of the space occurs.
7. Staff that have concerns regarding any possible health and safety concerns can also complete a Safety Awareness Report form (#0028) and submit this to the Health and Safety Chairperson.

IV. ATTACHMENTS


Disease-Specific Information and Exclusion Guidelines

V. REFERENCES

https://www.michigan.gov/documents/mdch/Managing_CD_in_Schools_FINAL_469824_7.PDF
Safety Awareness Report Form (#0028)
Case Consultation Form (#1034)
BA149 – State of Emergency Policy

Disease	Mode of Spread	Symptoms	Incubation Period	Contagious Period	Contacts	Exclusions (subject to LHD approval)
Campylobacteriosis †	Ingestion of under-cooked meat, contaminated food or water, or raw milk	Diarrhea (may be bloody), abdominal pain, malaise, fever	Average 2-5 days (range 1-10 days)	Throughout illness (usually 1-2 weeks, but up to 7 weeks without treatment)	Exclude with first signs of illness; encourage good hand hygiene	Exclude until diarrhea has ceased for at least 2 days; additional restrictions may apply
Chickenpox**† (Varicella) 	Person-to-person by direct contact, droplet or airborne spread of vesicle fluid, or respiratory tract secretions	Fever, mild respiratory symptoms, body rash of itchy, blister-like lesions, usually concentrated on the face, scalp, trunk	Average 14-16 days (range 10-21 days)	As long as 5 days, but usually 1-2 days before onset of rash and until all lesions have crusted	Exclude contacts lacking documentation of immunity until 21 days after last case onset; consult LHD	Cases: Until lesions have crusted and no new lesions for 24hr (for non-crusting lesions: until lesions are fading and no new lesions appear)
CMV (Cytomegalovirus)	Exposure to infectious tissues, secretions, or excretions	None or "mono-like"	1 month	Virus may be shed for 6 months to 2 years	If pregnant, consult OB; contacts should not be excluded	No exclusion necessary
Common Cold	Airborne or contact with respiratory secretions; person-to-person or by touching contaminated surfaces	Runny or stuffy nose, slight fever, watery eyes	Variable, usually 1-3 days	24hrs before onset to up to 5 days after onset	Encourage cough etiquette and good hand hygiene	No exclusion necessary




Sanilac County Community Mental Health Authority Policy Manual

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<p>COVID-19 Virus </p> <p>Isolation is used to separate people infected with COVID-19 from those who are not infected.</p> <p>Quarantine keeps someone who might have been exposed to the virus away from others.</p>	<p>Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus. Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze. Touching eyes, nose, or mouth with hands that have the virus on them</p>	<p>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, nausea/vomiting, diarrhea. Underlying medical conditions develop a high risk of more serious complications</p>	<p>As outlined in current CDC and MIOSHA Guidelines.</p>	<p>As outlined in current CDC and MIOSHA Guidelines.</p>	<p>As outlined in current CDC and MIOSHA Guidelines.</p>	<p>As outlined in current CDC and MIOSHA Guidelines.</p>
<p>Croup</p>	<p>Airborne or contact with respiratory secretions</p>	<p>Barking cough, difficulty breathing</p>	<p>Variable based on causative organism</p>	<p>Variable based on causative organism</p>	<p>Encourage cough etiquette and good hand hygiene</p>	<p>No exclusion necessary</p>
<p>Diarrheal Illness (Unspecified)</p>	<p>Fecal-oral: person-to-person, ingesting contaminated food or liquid, contact with infected animals</p>	<p>Loose stools, potential for fever, gas, abdominal cramps, nausea, vomiting</p>	<p>Variable based on causative organism</p>	<p>Variable based on causative organism</p>	<p>Exclude with first signs of illness; encourage good hand hygiene</p>	<p>Exclude until diarrhea has ceased for 24hrs or until medically cleared</p>

Sanilac County Community Mental Health Authority Policy Manual

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E. coli † (Shiga toxin-producing)	Fecal-oral: person-to-person, from contaminated food or liquids, contact with infected animals	Abdominal cramps, diarrhea (may be bloody), may include gas, nausea, fever or vomiting	Variable, usually 2-10 days	For duration of diarrhea until stool culture is negative	Exclude with first signs of illness; encourage good hand hygiene	Medical clearance required; also, exclude until diarrhea has ceased for at least 2 days; additional restrictions may apply
Fifth Disease (Erythema infectiosum) (Parvovirus B19)	Person-to-person; Contact with respiratory secretions	Fever, flushed, lacy rash ("slapped cheek")	Variable, usually 4-20 days	Most infectious before 1-2 days prior to onset	If pregnant, consult OB; encourage good hand hygiene; do not share eating utensils	No exclusion necessary if rash is diagnosed as Fifth disease by a healthcare provider
Giardiasis**†	Person-to-person transmission of cysts from infected feces; contaminated water	Diarrhea, abdominal cramps, bloating, fatigue, weight loss, pale, greasy stools; may be asymptomatic	Average 7-10 days (range 3-25+ days)	During active infection	Encourage good hand hygiene	Exclude until diarrhea has ceased for at least 2 days; may be relapsing; additional restrictions may apply
Hand Foot and Mouth Disease** (Coxsackievirus) (Herpangina)	Contact with respiratory secretions or by feces from infected person	Sudden onset of fever, sore throat, cough, tiny blisters inside mouth, throat and on extremities	Average 3-5 days (range 2-14 days)	From 2-3 days before onset and several days after onset; shed in feces for weeks	Exclude with first signs of illness; encourage cough etiquette and good hand hygiene	If secretions from blisters can be contained, no exclusion required
Head lice (Pediculosis)	Head-to-head contact with an infected person and/or their personal items such as clothing or bedding	Itching, especially nape of neck and behind ears; scalp can become pink and dry; patches may be rough and flake off	1-2 weeks	Until lice and viable eggs are destroyed, which generally requires 1-2 shampoo treatments and nit combing	Avoid head-to-head contact during play; do not share personal items, such as hats, combs; inspect close contacts frequently	Students with live lice may stay in school until the end of day; immediate treatment at home is advised


Sanilac County Community Mental Health Authority Policy Manual

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Hepatitis A**† 	Fecal-oral; person-to-person or via contaminated food or water	Loss of appetite, nausea, fever, jaundice, abdominal discomfort, diarrhea, dark urine, fatigue	Average 25-30 days (range 15-50 days)	2 weeks before onset of symptoms to 1 to 2 weeks after onset	Immediately notify LHD regarding evaluation and treatment of close contacts; encourage good hand hygiene	Exclude until at least 7 days after jaundice onset and medically cleared; exclude from food handling for 14 days after onset
Herpes simplex I, II (cold sores/fever blisters) (genital herpes)	Infected secretions HSV I – saliva HSV II – sexual	Tingling prior to fluid-filled blister(s) that recur in the same area (mouth, nose, genitals)	2-14 days	As long as lesions are present; may be intermittent shedding while asymptomatic	Encourage good hand hygiene and age-appropriate STD prevention; avoid blister secretions; do not share personal items	No exclusion necessary
Impetigo (impetigo contagiosa)	Direct or indirect contact with lesions and their discharge	Lesions/blisters are generally found on the mouth and nostrils; occasionally near eyes	Variable, usually 4-10 days, but can be as short as 1-3 days	While sores are draining	Encourage good hand hygiene	Treatment may be delayed until end of the day; if treatment started before next day's return, no exclusion necessary; cover lesions
*Influenza** (influenza-like illness) 	Droplet; contact with respiratory secretions or touching contaminated surfaces	High fever, fatigue, cough, muscle aches, sore throat, headache, runny nose; rarely vomiting or diarrhea	1-4 days	1 day prior to onset of symptoms to 1 week or more after onset	Exclude with first signs of illness; encourage cough etiquette and good hand hygiene	Exclude until 24hrs with no fever (without fever-reducing medication) and cough has subsided
Measles**† (Rubeola) (Hard/red measles) 	Contact with nasal or throat secretions; airborne via sneezing and coughing	High fever, runny nose, cough, red, watery eyes, followed by rash on face, then spreading over body	Average 10-12 days (range 7-21 days) from exposure to fever onset	4 days before to 4 days after rash onset	Exclude contacts lacking documentation of immunity until 21 days after last case onset; consult LHD	Cases: Exclude until 4 days after rash onset

Sanilac County Community Mental Health Authority Policy Manual

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Meningitis**† (Aseptic/viral)	Varies with causative agent: droplet or fecal-oral route; may be complications of another illness	Severe headache, stiff neck and back, vomiting, fever, intolerance to light, neurologic symptoms	Varies with causative agent	Varies with causative agent, but generally 2-14 days	Encourage cough etiquette and good hand hygiene	Exclude until medically cleared
Meningitis**† (Bacterial) 🦠 (N. Meningitis) (H. influenzae) (S. pneumoniae)	Contact with saliva or nasal and throat secretions; spread by sneezing, coughing, and sharing beverages or utensils	Severe headache, fever, stiff neck or back, vomiting, irritability, intolerance of light, neurologic symptoms; rash	Average 2-4 days (range 1-10 days)	Generally considered no longer contagious after 24hrs of antibiotic treatment	Immediately notify LHS; encourage good hand hygiene; do not share personal items and eating utensils	Medical clearance required; exclude until 24hrs after antimicrobial treatment
Molluscum contagiosum	Transmitted by skin-to-skin contact and through handling contaminated objects	Smooth, firm, flesh-colored papules (bumps) with an indented center	Usually between 2 and 7 weeks	Unknown but likely as long as lesions persist	Do not share personal items	No exclusion necessary
Mononucleosis	Person-to-person via saliva	Fever, sore throat, fatigue, swollen lymph nodes, enlarged spleen	30-50 days	Prolonged, possibly longer than 1 year	Do not share personal items	Exclude until able to tolerate activity; exclude from contact sports until recovered
MRSA** (Methicillin-resistant Staphylococcus aureus)	Transmitted by skin-to-skin contact and contact with surfaces that have contacted infection site drainage	Fever may be present; commonly a lesion; may resemble a spider bite and be swollen, painful with drainage; a non-symptomatic carrier state is possible	Varies	As long as lesions are draining; MRSA is frequently found in many environments; handwashing is the best way to avoid infection	Encourage good hand hygiene; do not share personal items, including but not limited to towels, washcloths, clothing and uniforms	No exclusion if wound is covered and drainage contained; no exclusion from swimming if wound is covered with waterproof bandage



Sanilac County Community Mental Health Authority Policy Manual

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<p>Mumps**†</p> 	Airborne or direct contact with saliva	Swelling of 1 or more salivary glands (usually parotid); chills, fever, headache are possible	Average 16-18 days (range 12-25 days)	Up to 7 days prior to and 8 days after parotitis onset	Exclude contacts lacking documentation of immunity until 25 days after last case onset; consult LHD	Cases: Exclude until 5 days after onset of salivary gland swelling
<p>*Norovirus** (viral gastroenteritis)</p>	Food, water, surfaces contaminated with vomit or feces, person-to-person, aerosolized vomit	Nausea, vomiting, diarrhea, abdominal pain for 12-72hrs; possibly low-grade fever, chills, headache	Average 24-48hrs (range: 12-72hrs)	Usually from onset until 2-3 days after recovery; typically, virus is no longer shed after 10 days	Encourage good hand hygiene; contact LHD for environmental cleaning recommendations	Exclude until illness has ceased for at least 2 days; exclude from food handling for 3 days after recovery
<p>Pink Eye (conjunctivitis)</p>	Discharge from eyes, respiratory secretions; from contaminated fingers, shared eye make-up applicators	Bacterial: Often yellow discharge in both eyes Viral: Often one eye with watery/clear discharge and redness Allergic: itchy eyes with watery discharge	Variable but often 1-3 days	During active infection (range: a few days to 2-3 weeks)	Encourage good hand hygiene	Exclude only if herpes simplex conjunctivitis and eye is watering; exclusion also may be necessary if 2 or more children have watery, red eyes; contact LHD
<p>Rash Illness (Unspecified)</p>	Variable depending on causative agent	Skin rash with or without fever	Variable depending on causative agent	Variable depending on causative agent	Variable depending on causative agent	Exclude if also behavior changes or fever; may need to be medically cleared
<p>Respiratory Illness (Unspecified)</p>	Contact with respiratory secretions	Slight fever, sore throat, cough, runny or stuffy nose	Variable but often 1-3 days	Variable depending on causative agent	Encourage cough etiquette and good hand hygiene	Exclude if also fever until fever free for 24hrs without fever-reducing medication

Sanilac County Community Mental Health Authority Policy Manual

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Ringworm (Tinea)	Direct contact with an infected animal, person, or contaminated surface	Round patch of red, dry skin with red raised ring; temporary baldness	Usually 4-14 days	As long as lesions are present and fungal spores exist on materials	Inspect skin for infection; do not share personal items; seek veterinary care for pets with signs of skin disease	Treatment may be delayed until end of the day; if treatment started before next day's return, no exclusion necessary
Rubella**† (German Measles)	Direct contact; contact with respiratory secretions; airborne via sneeze and cough	Red, raised rash for ~3 days; possibly fever, headache, fatigue, red eyes	Average 16-18 days (range: 14-21 days)	7 days before to 7 days after rash onset	If pregnant, consult OB; Exclude contacts lacking documentation of immunity until 21 days after last case onset; consult LHD	Exclude until 7 days after onset of rash
Salmonellosis †	Fecal-oral: person-to-person, contact with infected animals or via contaminated food	Abdominal pain, diarrhea (possibly bloody), fever, nausea, vomiting, dehydration	Average 12-36hrs (range: 6hrs – 7 days)	During active illness and until organism is no longer detected in feces	Exclude with first signs of illness; encourage good hand hygiene	Exclude until diarrhea has ceased for at least 2 days; additional restrictions may apply
Scabies	Close, skin-to-skin contact with an infected person or via infested clothing or bedding	Extreme itching (may be worse at night); mites burrowing in skin cause rash/bumps	2-6 weeks for first exposure; 1-4 days for re-exposure	Until mites are destroyed by chemical treatment; prescription skin and oral medications are generally effective after one treatment	Treat close contacts and infected persons at the same time; avoid skin-to-skin contact; do not share personal items; see exclusion criteria	Treatment may be delayed until end of the day; if treatment started before next day's return, no exclusion necessary
Shigellosis**†	Fecal-oral: frequently person-to-person; also via contaminated food or water	Abdominal pain, diarrhea (possibly bloody), fever, nausea, vomiting, dehydration	Average 1-3 days (range 12-96hrs)	During active illness and until no longer detected; treatment can shorten duration	Exclude with first signs of illness; encourage good hand hygiene	Medical clearance required; also, exclude until diarrhea has ceased for at least 2 days

Sanilac County Community Mental Health Authority Policy Manual

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Strep throat/ Scarlet Fever	Respiratory droplet or direct contact; via contaminated food	Sore throat, fever; Scarlet Fever: body rash and red tongue	Average 2-5 days (range 1-7 days)	Until 12hrs after treatment; (10-21 days without treatment)	Exclude with signs of illness; encourage good hand hygiene	Exclude until 12hrs after antimicrobial therapy (at least 2 doses)
Streptococcus pneumoniae † 	Contact with respiratory secretions	Variable: ear infection, sinusitis, pneumonia or meningitis	Varies; as short as 1-3 days	Until 24hrs after antimicrobial therapy	Consult LHD to discuss the potential need for treatment	Exclude until 24hrs after antimicrobial therapy
Tuberculosis (TB) †	Airborne; spread by coughing, sneezing, speaking or singing	Fever, fatigue, weight loss, cough (lasting 3+ weeks), night sweats, loss of appetite	2-10 weeks	While actively infectious	Consult LHD to discuss for evaluation and potential testing of contacts	Exclude until medically cleared
Typhoid fever (Salmonella typhi) †	Fecal-oral: person-to-person, ingestion of contaminated food or water (cases are usually travel-related)	Gradual onset fever, headache, malaise, anorexia, cough, abdominal pain, rose spots, diarrhea, constipation, change in mental status	Average range: 8-14 days (3-60 days reported)	From first week of illness through convalescence	Consult LHD for evaluation of close contacts	Medical clearance required; also, exclude until symptom free; Contact LHD about additional restrictions
Vomiting Illness (Unspecified)	Varies; See Norovirus	Vomiting; potential fever, nausea, cramps, diarrhea	Varies; See Norovirus	Varies; See Norovirus	Encourage good hand hygiene; See Norovirus	Exclude until 24hrs after the last vomiting episode
Whooping Cough (** (Pertussis) † 	Contact with respiratory secretions	Initially cold-like symptoms, later cough; may have inspiratory whoop, posttussive vomiting	Average 7-10 days (range 5-21 days)	With onset of cold-like symptoms until 21 days from onset (or until 5 days of treatment)	Consult LHD to discuss the potential need for treatment	Cases: Exclude until 21 days after onset or until 5 days after start of appropriate antibiotic treatment
West Nile Virus	Bite from an infected mosquito	High fever, nausea, headache, stiff neck	3-14 days	Not spread person-to-person	Protect against bites using EPA approved insect repellents	No exclusion necessary

All diseases in **bold** are to be reported to your local health department.

*Report only aggregate number of cases for these diseases

†Consult with local health department on case-by-case basis

**Contact your local health department for a "letter to parents"

 Vaccination is highly encouraged to prevent or mitigate disease.