

## Learning Lamb Early Development Center Communicable Diseases and Exclusion from Child Care

Updated 11/2017

**Regular and thorough hand washing is the most important method of preventing the spread of communicable diseases.**

Exclude if directed to do so in the chart below **or if:**

- The child's health care professional recommends exclusion.
- The child is unable to participate in activities, as normal.
- The child needs more care than staff can provide without compromising the health and safety of other children.
- The child has a fever (taken at armpit or orally).
  - A child older than two months has a temperature of 101 degrees Fahrenheit or higher
  - An infant younger than two months has a temperature of 100.4 degrees Fahrenheit or higher
- The child has two or more episodes of vomiting within a 12-hour period.

Disease	Overview	Symptoms	Prevention	Exclusion
<b>Chicken Pox</b> (Varicella Zoster infection)	Infection caused by the varicella zoster virus.	- Rash (small, red, blistering bumps) - Fever - Runny nose - Cough	- Varicella vaccine - Proper surface sanitation - Keep room well ventilated - Regular and thorough handwashing	<b>Contact local Health Department* for outbreaks of three or more cases.</b>  <b>Exclude</b> if chicken pox or a rash suggestive of chicken pox
<b>CMV</b> (Cytomegalovirus)	Viral infection, common in children.	- Mild to no symptoms	- Regular and thorough handwashing - Can be harmful to fetus	<b>Exclusion not required.</b>  Women of childbearing age are at higher risk as the consequences of a fetus exposed to CMV can be serious.
<b>Diarrheal illness:</b> cause unknown	There are many causes of diarrhea in children under age five. Illness may be mild and not require medical attention.	- Stool frequency exceeding two or more stools above normal for that child - Stools containing blood or mucus - Stools that are not contained in a diaper - Fecal accidents by a child who is normally toilet trained	- Proper surface disinfection - Proper food storage and preparation - Regular and thorough handwashing	<b>Exclude</b> until diarrhea ends.
<b>Diarrhea</b> (Campylobacteriosis)	Infection caused by Campylobacter Bacteria.	- Bloody diarrhea - Fever - Vomiting - Abdominal cramping	- Proper surface disinfection - Proper food storage and preparation - Regular and thorough handwashing	<b>Contact local Health Department*.</b>  <b>Exclude</b> until diarrhea ends.
<b>Diarrhea</b> (Cryptosporidiosis)	Infection caused by Cryptosporidium parasite.	- Loose stools (watery or bloody) - Abdominal pain - Weight loss	- Proper surface disinfection - Regular and thorough handwashing	<b>Contact local Health Department*.</b>  <b>Exclude</b> until diarrhea ends.  <b>Exclude</b> from water play until two weeks after end of diarrhea.

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Disease	Overview	Symptoms	Prevention	Exclusion
<b>Diarrhea</b> (Shiga-toxin producing E. Coli)	Infection caused by Shiga-toxin producing E. coli such as E. coli O157:H7.	<ul style="list-style-type: none"> <li>- Loose stools (watery or bloody)</li> <li>- Abdominal pain</li> <li>- Fever</li> </ul>	<ul style="list-style-type: none"> <li>- Proper surface disinfection</li> <li>- Proper food storage and preparation</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*</b>.</p> <p><b>Exclude</b> until</p> <ul style="list-style-type: none"> <li>- diarrhea ends</li> <li>- two consecutive negative stool samples 24 hours apart</li> <li>- cleared for readmission by local health department</li> </ul>
<b>Diarrhea</b> (Giardiasis)	Infection caused by Giardia lamblia parasite.	<ul style="list-style-type: none"> <li>- Loose stools (watery or bloody)</li> <li>- Excessive gas</li> <li>- Abdominal pain</li> <li>- Decreased appetite</li> <li>- Weight loss</li> </ul>	<ul style="list-style-type: none"> <li>- Proper surface disinfection</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until diarrhea ends.
<b>Diarrhea</b> (Norovirus)	Viral infection.	<ul style="list-style-type: none"> <li>- Acute onset of watery diarrhea</li> <li>- Abdominal pain</li> <li>- Nausea</li> <li>- Vomiting</li> </ul>	<ul style="list-style-type: none"> <li>- Proper surface disinfection</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until 48 hours after diarrhea ends.
<b>Diarrhea</b> (Rotavirus)	Viral infection, most common cause of diarrhea and vomiting.	<ul style="list-style-type: none"> <li>- Non-bloody diarrhea</li> <li>- Nausea and vomiting</li> </ul>	<ul style="list-style-type: none"> <li>- Surface disinfection</li> <li>- Immunization recommended</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until diarrhea ends.
<b>Diarrhea</b> (Salmonellosis)	Infection caused by Salmonella bacteria.	<ul style="list-style-type: none"> <li>- Diarrhea</li> <li>- Fever</li> <li>- Abdominal cramps</li> <li>- Nausea or vomiting</li> <li>- Dehydration (dry mouth, no tears, no urine in eight hours)</li> </ul>	<ul style="list-style-type: none"> <li>- Proper surface disinfection</li> <li>- Proper food storage and preparation</li> <li>- Avoiding contact with reptiles, amphibians, poultry, and other animals</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*</b>.</p> <p><b>Exclude</b> until diarrhea ends for non-typhoidal serotypes.</p> <p>For Salmonella Typhi <b>exclude</b> until child cleared by local health department.</p>
<b>Diarrhea</b> (Shigellosis)	Infection caused by the Shigella bacteria.	<ul style="list-style-type: none"> <li>- Loose, watery stools with blood or mucus</li> <li>- Fever</li> <li>- Headache</li> <li>- Abdominal pains</li> <li>- Convulsions</li> </ul>	<ul style="list-style-type: none"> <li>- Proper surface disinfection</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*</b>.</p> <p><b>Exclude</b> until asymptomatic for 48 hours and one negative stool sample.</p>

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<b>Fifth Disease</b> (Erythema Infectiosum)	Infection caused by Human Parvovirus B19.	<ul style="list-style-type: none"> <li>- Fever, headache</li> <li>- Muscle and joint aches</li> <li>- Red, lace like rash on cheeks, torso, arms, and thighs that lasts 1-3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>- Proper surface sanitation</li> <li>- Disposal of tissues contaminated with blood or mucus</li> <li>- Regular and thorough handwashing</li> <li>- Can be harmful to fetus</li> </ul>	<b>Exclusion not required.</b>
<b>German Measles</b> (Rubella)	Uncommon, mild infection caused by Rubella virus.	<ul style="list-style-type: none"> <li>- Red or pink rash on the face and body</li> <li>- Swollen glands behind ears</li> <li>- Slight fever</li> </ul>	<ul style="list-style-type: none"> <li>- MMR vaccine required</li> <li>- Regular and thorough handwashing</li> <li>- Can be very harmful to fetus</li> </ul>	<p><b>Contact local Health Department*.</b></p> <p><b>Exclude</b> for seven days after the beginning of the rash.</p> <p><b>Exclude</b> non-immunized children.</p>
<b>Hand Foot and Mouth Disease</b> (Coxsackievirus)	Infection caused by Coxsackievirus, more common in summer and fall.	<ul style="list-style-type: none"> <li>- Tiny blisters in the mouth, on the fingers, palms or hands, buttocks, and soles of feet</li> <li>- Common cold like symptoms (sore throat, runny nose, cough, fever)</li> </ul>	<ul style="list-style-type: none"> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Regular and thorough handwashing especially after handling contaminated tissues or changing diapers</li> <li>- Ensure proper disinfection</li> </ul>	<b>Exclusion not required.</b>
<b>Head Lice</b> (Pediculosis Capitis)	Small insects that draw blood from the scalp and lay tiny eggs (nits) on hair shafts.	<ul style="list-style-type: none"> <li>- Itchy skin on scalp or neck</li> <li>- Scratching around ears and at the nape of the neck</li> <li>- White nits glued to hair</li> </ul>	<ul style="list-style-type: none"> <li>- Do not share brushes, hats, blankets, or pillows</li> <li>- Launder contaminated fabric with hot water and high heat drying</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until completion of first treatment.
<b>Hepatitis A</b> (HAV)	Viral infection, causes liver inflammation	<ul style="list-style-type: none"> <li>- Fever, fatigue</li> <li>- Jaundice (yellowing of skin or eyes)</li> <li>- Decreased appetite, abdominal pain, vomiting, diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>- HAV vaccine is recommended</li> <li>- Ensure proper disinfection</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*.</b></p> <p><b>Exclude</b> until one week after onset of illness or jaundice.</p>
<b>Hepatitis B</b> (HBV)	Viral infection, causes liver inflammation.	<ul style="list-style-type: none"> <li>- Flu like symptoms, fatigue, decreased appetite</li> <li>- Jaundice</li> <li>- Joint pain</li> </ul>	<ul style="list-style-type: none"> <li>- HBV vaccine required</li> <li>- Cover open wounds/sores</li> <li>- Wear gloves when handling blood or blood containing fluids</li> <li>- Disinfect surfaces contaminated with blood</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*.</b></p> <p>If local health department determines there is a significant risk of transmission, the child must be placed in an alternate child care.</p>

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<b>Hepatitis C</b> (HCV)	Viral infection, causes liver inflammation.	<ul style="list-style-type: none"> <li>- Nausea, decreased appetite, fatigue</li> <li>- Jaundice</li> <li>- Muscle and joint pain</li> </ul>	<ul style="list-style-type: none"> <li>- Cover open wounds or sores</li> <li>- Disinfect surfaces contaminated with blood</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Contact local Health Department*</b> .
<b>HIV/AIDS</b>	Viral infection, progressively destroys the body's immune system.	<ul style="list-style-type: none"> <li>- Slow or delayed growth</li> <li>- Enlarged lymph nodes</li> <li>- Swelling of salivary glands</li> <li>- Frequent infections</li> </ul>	<ul style="list-style-type: none"> <li>- Wear gloves when handling blood or blood containing fluids</li> <li>- Disinfect surfaces contaminated with blood</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*</b>.</p> <p>If local health department determines there is a significant risk of transmission, the child must be placed in an alternate child care.</p>
<b>Impetigo</b>	Infection caused by Streptococcal or Staphylococcal bacteria.	<ul style="list-style-type: none"> <li>- Small, red pimples or fluid filled blisters with crusted, yellow scabs on the skin</li> </ul>	<ul style="list-style-type: none"> <li>- Wash infected areas and cover any open sores or wounds</li> <li>- Proper surface sanitation</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until 24 hours after treatment has started.
<b>Influenza</b>	Infection caused by the Influenza virus.	<ul style="list-style-type: none"> <li>- Fever, chills, headache</li> <li>- Cough and sore throat</li> <li>- Muscle aches</li> <li>- Decreased energy</li> </ul>	<ul style="list-style-type: none"> <li>- Flu vaccine is recommended</li> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until 24 hours after fever subsides.
<b>MRSA</b> (Methicillin Resistant Staphylococcus aureus)	Infection caused by Staph bacteria resistant to broad spectrum antibiotic treatment.	<ul style="list-style-type: none"> <li>- Small, red, pimple like bumps</li> <li>- Abscesses (collection of pus under the skin)</li> </ul>	<ul style="list-style-type: none"> <li>- Proper surface sanitation</li> <li>- Do not share towels, clothing, or bedding</li> <li>- Keep wounds covered</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclusion not required</b> unless open sores cannot be covered.
<b>Measles</b> (Rubeola)	Infection caused by the measles virus, highly contagious.	<ul style="list-style-type: none"> <li>- Fever, cough, runny nose, red and watery eyes</li> <li>- Small, red spots in mouth</li> <li>- Rash spreading from the hairline downward</li> </ul>	<ul style="list-style-type: none"> <li>- MMR vaccine required</li> <li>- Proper surface sanitation</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*</b>.</p> <p><b>Exclude</b> for at least four days after the beginning of the rash.</p> <p><b>Exclude</b> non-immunized children.</p>

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<b>Meningitis</b> (Haemophilus influenzae type b, Pneumococcus, Meningococcus)	Bacterial or viral infection, causes swelling or inflammation of brain and spinal cord tissue.	<ul style="list-style-type: none"> <li>- Fever, headache</li> <li>- Nausea, loss of appetite</li> <li>- Stiff neck</li> <li>- Confusion, drowsiness, irritability</li> </ul>	<ul style="list-style-type: none"> <li>- Hib vaccine required</li> <li>- Pneumococcal vaccine (PCV13) required if born after 7/1/15 (recommended for all children)</li> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*.</b></p> <p><b>Exclude</b> as soon as infection suspected until cleared by a health care professional.</p>
<b>Molluscum Contagiosum</b>	Skin infection caused by a virus, similar to warts.	<ul style="list-style-type: none"> <li>- Small, flesh colored bumps on the skin</li> <li>- Cover lesions when possible with clothing or bandages</li> </ul>	<ul style="list-style-type: none"> <li>- Do not share towels, washcloths, or blankets used by an infected child</li> <li>- Scratching may cause additional lesions and bacterial infection</li> <li>- Regular and thorough handwashing, especially after touching bumps</li> </ul>	<b>Exclusion not required.</b>
<b>Mononucleosis (Mono)</b>	Infection caused by the Epstein Barr virus.	<ul style="list-style-type: none"> <li>- Mild to no symptoms in young children</li> <li>- Rare symptoms are fever, sore throat, fatigue, swollen lymph nodes, enlarged liver/spleen, rash from ampicillin or penicillin</li> </ul>	<ul style="list-style-type: none"> <li>- Do not share objects contaminated with mucus or saliva</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclusion not required,</b> unless ordered by a health care professional.
<b>Mumps (Rubulavirus)</b>	Viral infection with swelling of one or more salivary glands.	<ul style="list-style-type: none"> <li>- Swollen glands</li> <li>- Fever, headache, earache</li> </ul>	<ul style="list-style-type: none"> <li>- MMR vaccine required</li> <li>- Regular and thorough handwashing</li> </ul>	<p><b>Contact local Health Department*.</b></p> <p><b>Exclude</b> for at least five days after the beginning of swelling.</p> <p><b>Exclude</b> non-immunized children.</p>
<b>Pink Eye (Conjunctivitis)</b>	Bacterial or viral infection causes inflammation of eye tissue.  Other causes: allergies and blocked tear ducts in infants.	<ul style="list-style-type: none"> <li>- Red or pink, swollen, itchy eyes</li> <li>- Yellow or green discharge and crusting in the eyes</li> </ul>	<ul style="list-style-type: none"> <li>- Regular and thorough handwashing especially before and after touching the eyes, nose, and mouth</li> <li>- Thorough sanitation of objects touched by hands or faces</li> </ul>	<b>Exclusion not required.</b>

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<b>Pinworms</b> (Enterobiasis)	Infection caused by small thread like roundworm.	<ul style="list-style-type: none"> <li>- Itching and irritation around the anal or vaginal area</li> </ul>	<ul style="list-style-type: none"> <li>- Regular and thorough handwashing, keep nails short</li> <li>- Proper surface sanitation and disinfection</li> <li>- Launder bedding often</li> <li>- Avoid shaking bedding to prevent spreading eggs through the air</li> <li>- Treat other affected household members</li> </ul>	<b>Exclusion not required.</b>
<b>Pneumonia</b>	Bacterial or viral infection, causes inflammation of lungs.	<ul style="list-style-type: none"> <li>- Cough, fever</li> <li>- Difficulty breathing</li> <li>- Loss of appetite</li> <li>- Muscle aches</li> <li>- Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>- Proper surface sanitation</li> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Dispose tissues contaminated with mucus</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclusion not required.</b>
<b>RSV</b> (Respiratory Syncytial Virus)	Viral infection caused by Respiratory Syncytial virus, causes common cold, occurs mostly in winter and early spring.	<ul style="list-style-type: none"> <li>- Cold like symptoms</li> <li>- Respiratory problems (wheezing, difficulty breathing)</li> </ul>	<ul style="list-style-type: none"> <li>- Proper sanitation of hard surfaces and toys</li> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Dispose tissues contaminated with mucus</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclusion not required.</b>
<b>Ringworm</b>	Infection caused by several kinds of fungi, may affect the body, feet, or scalp.	<ul style="list-style-type: none"> <li>- Red, circular patches on the skin</li> <li>- Cracking and peeling of skin between toes</li> <li>- Redness, scaling of scalp</li> </ul>	<ul style="list-style-type: none"> <li>- Cover skin lesions</li> <li>- Do not share objects that come in contact with the head (hats, brushes, bedding, etc.)</li> <li>- Treat other affected household members</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until treatment started.
<b>Roseola</b> (Human Herpesvirus 6)	Viral infection causing a rash in children 6-24 months old.	<ul style="list-style-type: none"> <li>- High fever</li> <li>- Red, raised rash</li> </ul>	<ul style="list-style-type: none"> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclusion not required.</b>

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<b>Scabies</b> (Sarcoptes scabiei)	Infestation on the skin by small insects (mites)	<ul style="list-style-type: none"> <li>- Rash, severe itching</li> <li>- Itchy red bumps or blisters in skin folds</li> <li>- Itching may take a few days to subside after treatment</li> </ul>	<ul style="list-style-type: none"> <li>- Contain clothing and bedding that cannot be laundered in plastic bags for at least four days</li> <li>- Launder bedding and clothing in hot water with a hot dry cycle</li> <li>- Treat other affected household members</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude.</b>
<b>Scarlet Fever</b>	Infections caused by Group A streptococcus bacteria.	<ul style="list-style-type: none"> <li>- Sunburn like rash with tiny bumps that may itch</li> <li>- Fever, sore throat, swollen glands</li> <li>- Yellow or white coating on tongue and throat</li> </ul>	<ul style="list-style-type: none"> <li>- Avoid direct contact with potentially infected individuals</li> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until antibiotics administered for at least 12 hours and no fever is present.
<b>Strep Throat</b>	Infections caused by Group A Streptococcus bacteria.	<ul style="list-style-type: none"> <li>- Sore throat, fever, headache</li> <li>- Decreased appetite, stomachache</li> <li>- Swollen lymph nodes</li> </ul>	<ul style="list-style-type: none"> <li>- Avoid direct contact with potentially infected individuals</li> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Exclude</b> until 12 hours after antibiotic treatment has started and no fever is present.
<b>TB (Tuberculosis)</b>	Infection caused by a bacterium, usually affecting the lungs.	<ul style="list-style-type: none"> <li>- Chronic cough</li> <li>- Weight loss</li> <li>- Fever, chills, night sweats</li> <li>- Positive skin test</li> </ul>	<ul style="list-style-type: none"> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Contact local Health Department*.</b>  <b>Exclude</b> until health care professional provides a written statement that the child is not infectious.
<b>Whooping Cough</b> (Pertussis)	Contagious bacterial infection that causes mild to severe coughing.	<ul style="list-style-type: none"> <li>- Cold like symptoms</li> <li>- Coughing that leads to vomiting, loss of breath, or blue face</li> <li>- Whooping sound when inhaling after coughing</li> </ul>	<ul style="list-style-type: none"> <li>- DTaP vaccine, for children less than seven years of age</li> <li>- Tdap vaccine, for persons 10 years and older</li> <li>- When coughing or sneezing cover mouths and noses with a disposable tissue</li> <li>- Regular and thorough handwashing</li> </ul>	<b>Contact local Health Department*.</b>  <b>Exclude</b> until five days after treatment has started.  <b>Exclude</b> untreated cases for 21 days from the date cough began.

\*Physicians, school administrators, and child care operators (G.S. § 130A-135 through 130A-139) must report cases or suspected cases of reportable diseases to their local health department. The local health department then reports this information to the N.C. Division of Public Health (G.S. § 103A-140). <http://epi.publichealth.nc.gov/cd/report.html>



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## References

1. North Carolina Administrative Code: Chapter 9, Child Care Rules:  
[http://ncchildcare.nc.gov/PDF\\_forms/rule\\_changes\\_effective\\_OCT1\\_2017.pdf](http://ncchildcare.nc.gov/PDF_forms/rule_changes_effective_OCT1_2017.pdf)
  - a. .0804 Infectious and Contagious Diseases
  - b. .1720 Medication Requirements
2. Managing Infectious Diseases in Child Care and Schools, A Quick Reference Guide, 4th Edition, American Academy of Pediatrics, <https://shop.aap.org/managing-infectious-diseases-in-child-care-and-schools-4th-edition-paperback/>
3. North Carolina Administrative Code: Title 10A Health and Human Services, Chapter 41 Epidemiology Health, <http://reports.oah.state.nc.us/ncac.asp?folderName=\Title%2010A%20-%20Health%20and%20Human%20Services\Chapter%2041%20-%20Epidemiology%20Health>

## For more specific information

1. Call your Local Health Department
2. Contact the NC Child Care Health and Safety Resource Center (1-800-367-2229)
3. Visit the CDC website Diseases and Conditions: [www.cdc.gov/DiseasesConditions/](http://www.cdc.gov/DiseasesConditions/)

