



North Coast Schools' Insurance Group

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SERVING DEL NORTE COUNTY AND HUMBOLDT COUNTY SCHOOLS

Stop the Spread

At times it appears we will be stuck in the middle of cold and flu season indefinitely. A refresher of the most common practices on how to prevent the spread of germs is a benefit to us all:

- ✓ Wash your hands! Be sure to keep soap and towels stocked at every sink.
- ✓ Buff up on your cough/sneeze etiquette! What handwashing doesn't catch, proper coughing/sneezing will.

Good communication amongst health care providers, childcare centers, school health staff, parents/guardians, and the Public Health Department can play a major role in preventing the spread of communicable diseases. A communicable disease is defined as an infectious disease transmissible by direct contact of an affected individual, or by other indirect means.

It is important that parents/guardians communicate with school staff whenever their children are ill or diagnosed with a communicable disease. Similarly, any employees diagnosed with a reportable disease are responsible for making their supervisor(s) aware of the diagnosis.

School staff should check with their local health department to find out if any special control measures are needed when informed of a child or staff member who has a communicable disease. Once aware of an influx in illnesses, staff can watch other children for symptoms and initiate parent notifications when deemed necessary. The faster control measures are started, the faster the spread of disease can be reduced or stopped.



Humboldt County Dept. of Health and Human Services – Public Health

Our local Communicable Disease Program exists as an educational resource, rather than a regulatory agency. Some communicable diseases can be very serious, so it is important that you call right away, even if you think that someone else may have already made a report.

As a general rule of thumb, it is prudent to contact Public Health when your student absentee threshold meets the 20% mark, or if the amount of students absent is more than double the average. For staff, any large number of absences that would generally be considered outside of the norm should also be reported.

Phone: 707.445.6200 or 855.707.WELL
<https://humboldt.gov.org/560/Communicable-Disease-Prevention>