SAMPLE CONTAGIOUS DISEASE EXPOSURE NOTICE

DATE:

Dear Parents or Guardians:

You are hereby notified that your child may have been exposed to the contagious disease marked below. Watch your child. If signs of the disease develop, keep the child at home and notify the Gymnastics Center. Check with your physician for diagnosis and date of return to the Program. Your help is needed to prevent further spread of the disease. Thank you.

Gymnastics Center

- **HEAD LICE** - Symptoms: head lice live on the scalp and lay small white eggs (nits) on the hair shaft close to the scalp. The nits are most easily found on the nape of the neck or behind the ears. May return to sports center after no live lice are seen on scalp and nits (eggs) are removed.

- **SCARLET FEVER** - Symptoms: sore throat, fever, nausea and vomiting, and rash. Incubation period, 2-5 days. See physician regarding diagnosis and treatment, as well as recommendations regarding contacts. Must present physician's written permission to return to the program.

- **STREPTOCOCCAL SORE THROAT** - Symptoms: same as scarlet fever without the rash. Incubation period the same. See physician regarding diagnosis, treatment, and recommendations regarding contacts. Must present physician’s written permission to return to the program.

- **RINGWORM** - Symptoms: involves skin and nails. One the skin it begins as a small raised circular lesion and spreads outward, leaving patches of temporary baldness on scalp. If not treated, will become boggy and weep. Incubation is 10-14 days. Communicable from dogs, cats, cattle, horses, rodents, and other animals.

- **CHICKEN POX** - Symptoms: slight fever, nausea and vomiting, rash, which resembles small blisters and which become scabs in 3 to 4 days. Incubation period, 13-17 days. Child excluded at least 7 days following the appearance of the rash. May return with written permission of physician or absence of symptoms.

- **WHOOPING COUGH** - Symptoms: cough which grows progressively worse at night, developing into paroxysms (violent coughing spells followed by whoop) about second week. Incubation period, 1-2 weeks. May return with written permission of physician.

- **CONJUNCTIVITIS (PINK EYE)** - Symptoms: inflammation of lids and white of eyes, thick discharge, blurred vision, and sensitivity to light. Consult physician for treatment. May return to sports center with written permission of physician.

- **IMPETIGO (STAPHYLOCOCCAL SKIN INFECTION)** - Symptoms: blister-like lesions, which weep and become encrusted and spread to adjacent areas. May return with written permission of physician or absence of symptoms.

APPROXIMATE DATE OF EXPOSURE: ____________________________