

Rashes can be caused by bacterial, fungal, viral, or parasitic infections. Outbreaks of rashes can include hand, foot, and mouth disease (HFMD), chicken pox (*varicella*), or measles. It is easily transmitted through person-to-person contact, respiratory droplets from coughing or sneezing, or contact with contaminated surfaces. **An outbreak should be suspected when two or more people are experiencing lesions in days or weeks after exposure to initial case.**

Common Rash Signs and Symptoms

Symptoms can begin within 7-21 days following exposure and may last from 3 to 10 days depending on cause of rash.

- Fever (may spike more than 104°F)
- Flu-like symptoms
- Cough
- Conjunctivitis
- Itchy, fluid-filled blisters (Varicella)
- Small, raised bumps that appear on top of flat, red spots (Measles)
- Non-itchy flat or slightly raised, fluid-filled blisters (HFMD)
- Mouth sores



Measles



Varicella



HFMD

Exclusion Criteria

- Anyone experiencing symptoms should remain at home until fever is gone for 24 hours without use of fever-reducing medications; and,
- No new lesions have appeared for at least 24 hours; and,
- All sores are dry and/or have scabbed over

Control the Spread of Rash Type Illnesses

- Wash hands using soap and water for at least 20 seconds. Alcohol-based hand sanitizers may be used if soap and water is not available but **should not be used as a substitute for soap and water.**
- Do not allow co-mingling of classrooms or play areas.
- Avoid close contact with other children (e.g., hugging, hand holding, sharing utensils, cups, and toys).
- Do not let children bring in personal items that will be shared with other children (toys).
- Remove access to all soft toys.
- Children should be visually checked daily upon arrival.

Cleaning and Disinfecting

Step 1: Use soap and water to first wash all frequently touched surfaces (e.g., tables, chairs, desks, napping cots), all common areas before and after use (e.g., diaper changing areas, etc.), and frequently used objects (e.g., toys, mouthed toys, equipment, etc.). Diaper changing areas must be cleaned after each child.

Step 2: Disinfect using an EPA approved **effective virucide** or 1,000 ppm bleach cleaning solution on all common touch surfaces and objects (toys, desks, tables, etc.). Leave disinfecting agent on surface for at least 5 minutes.

- Professional carpet cleaning or steam cleaning is recommended to ensure cleaning temperatures reach 170° F minimum.

Chlorine Solution Directions

Mix 0.5 cups of household bleach per 1 gallon of water.

For questions regarding appropriate use of chlorine solutions or other effective disinfectants, please call Washoe County Environmental Health Services at (775) 328-2434.

References:

1. Centers for Disease Control and Prevention. *Hand, Foot, and Mouth Disease*
2. Centers for Disease Control and Prevention. *Measles*
3. Centers for Disease Control and Prevention. *Chickenpox*