

HUMAN IMMUNODEFICIENCY VIRUS (HIV)/AIDS Reportable Disease

The spread of HIV, the virus that causes Acquired Immunodeficiency Syndrome (AIDS), has not been documented in the child care setting or schools. Since children infected with this virus may be in child care or school, this information is provided to further reduce the extremely unlikely possibility of spread.

CAUSE

Human immunodeficiency virus (HIV)

SYMPTOMS

HIV attacks the cells of the immune system, leaving people susceptible to a variety of infections. Incubation time and symptoms will vary depending on how the child acquires HIV. Children may experience no symptoms, or they may have symptoms such as diarrhea, fever, weight loss, failure to thrive, oral candidiasis, and opportunistic infections. Symptoms will likely change as the disease progresses.

SPREAD

It may be possible, but unlikely, in the child care or school setting, for spread to occur by getting blood from an infected person into open cuts, scrapes, or the mouth or eyes of another person. Most children who are infected get the virus from their infected mothers during pregnancy, at the time of birth, or postnatally via breast milk. Some children have been infected through transfusions of blood products that contained HIV. In adults, the virus is most often spread through sexual contact or by sharing needles. HIV has been found in blood, semen, vaginal fluids, saliva, urine, tears, breast milk, and other body fluids, but spread has **NOT** been shown to occur from contact with fluids other than blood, semen, vaginal fluids, and breast milk. HIV is **NOT** spread by coughing, sneezing, hugging, mosquito bites, or contact with eating utensils, faucets, doorknobs, or toilet seats.

INCUBATION (time from exposure to onset of symptoms)

For children infected at birth, the average age of onset of symptoms is 12 to 18 months if untreated. With treatment, children may remain asymptomatic past the age of 5 or, rarely, until adolescence.

CONTAGIOUS PERIOD

Probably from the time of infection through the remainder of the person's life, however treatment can suppress the virus and make transmission highly unlikely.

EXCLUSION

Child care: If a child with HIV infection has unusually aggressive behavior (e.g., biting) that cannot be controlled, oozing sores that cannot be covered, or bleeding problems.

School: None.

- **Children who are infected with HIV** may have weakened immune systems. This would make them more likely to have serious problems from infections such as chickenpox, measles, CMV, or TB. Parents/guardians of infected children should call their healthcare provider if these illnesses occur in the child care or school.
- **Adults infected** with HIV may work in the child care setting if they do not have any medical conditions which would allow their body fluids to come into contact with

others. HIV-infected child care workers should call their healthcare provider if diseases like chickenpox, measles, CMV, or TB occur.

DIAGNOSIS

Recommend parents/guardians call their healthcare provider. HIV infection is diagnosed by a blood test.

PREVENTION/CONTROL

- All pregnant women should be screened for HIV as early as possible during each pregnancy.
- Women with HIV who take antiretroviral medication during pregnancy as recommended can reduce the risk of transmitting HIV to their babies to less than 1%.
- Routine screening of children is not necessary. The child's healthcare provider and family are responsible for determining whether the child is at risk and should be tested.
- Children and staff should not share toothbrushes or nail clippers.
- Clean and disinfect blood and body fluid spills in the same way you would to prevent any other communicable disease that can be transmitted via blood:
 - Clean all surfaces and objects contaminated with blood or body fluids with soap or a detergent and water, and then disinfect immediately with an effective disinfectant. HIV, as well as other infectious germs, may be found in blood and other body fluids of any person even when there are no symptoms to suggest infection is present.
 - Wear disposable medical gloves when handling blood (nosebleeds, cuts) or items, surfaces, or clothing contaminated with blood or bloody body fluids or when there are open sores, cuts, or abrasions on the hands.
 - Wash hands immediately after contact with any body fluids, even if gloves have been worn. Wash hands thoroughly with soap and warm running water.
- See the Contra Costa Health website for prevention information regarding transmission from sexual contact and injection drug use.

For more information please contact Contra Costa Public Health at 925-313-6740 and visit our website at <http://cchealth.org/aids/>

Additional information may be found at the following links:
http://cchealth.org/aids/pdf/hiv_plan_2008.pdf (Contra Costa Prevention Plan)
<http://www.cdc.gov/hiv/>