

COMMUNICABLE DISEASES AT A GLANCE

(Developed 1/2009)

The information provided in this publication is not intended to replace professional medical attention. The purpose of this publication is to provide individuals with a guide to recognizing illnesses that may need further medical treatment. It is also intended to help parents and child care providers recognize symptoms that may signal a need for a child to be temporarily removed from a child care setting. Call your physician for more information.

Definitions:

Incubation Period: Time interval between exposure to the infection and onset of symptoms.

Contagious Period: Time interval during which a sick child’s disease is able to spread to others.

Illness	Incubation/Contagious Period	Prevention	Symptoms	Follow-up Requirements
<p>Common Cold</p> <p>1-6 colds/ year is average with the incidence highest under 5 years.</p>	<p>Incubation: 2- 5 days</p> <p>Contagious: From onset of runny nose until fever gone</p>	<p>Wash your hands or use a hand sanitizer.</p> <p>Cover your coughs and sneezes.</p>	<p>Runny nose, body aches and pains, raspy throat, low grade fever, cough.</p>	<p>Treat symptoms. See MD if symptoms worsen or persist.</p>
<p>Sore Throat (Strep)</p>	<p>Incubation: 2 to 5 days.</p> <p>Contagious: Onset of fever until 24 hours of antibiotics</p>	<p>Good hand washing or use a hand sanitizer.</p> <p>Cover your coughs and sneezes.</p> <p>Don’t share drinking glasses or toothbrushes.</p>	<p>Sudden onset: Sore throat, red throat and tonsils- may have white covering.</p> <p>Fever, headache, nausea, stomach ache/vomiting, and/or enlarged lymph nodes.</p>	<p>Throat culture to confirm diagnosis.</p> <p>Must be on antibiotics for 24 hrs before returning to school.</p> <p>Change toothbrush to avoid re-infection.</p>
<p>Scarlet Fever</p> <p>Known as: “Strep Throat with a rash”</p>	<p>Incubation: 3-6 days</p> <p>Contagious: Onset of fever until 24 hours of antibiotics</p>	<p>Good hand washing or use a hand sanitizer.</p> <p>Cover your coughs and sneezes.</p> <p>Don’t share drinking glasses or toothbrushes</p>	<p>Sore throat, chills, fever, headache, and possible vomiting. Rash occurs on chest 1-3 days after illness and spreads to entire body.</p>	<p>Complete first 24 hours of antibiotic treatment before returning to school.</p>
<p>Sore Throat (Viral)</p>	<p>Incubation: 2-5 days</p> <p>Contagious: Onset of sore throat until fever gone.</p>	<p>Good hand washing or use a hand sanitizer.</p> <p>Cover your coughs and sneezes.</p> <p>Don’t share drinking glasses or toothbrushes.</p>	<p>Sore throat, red throat and tonsils- may have white covering.</p> <p>Fever, headache, nausea, stomach ache/vomiting, and/or enlarged lymph nodes.</p>	<p>Throat culture to rule out strep.</p> <p>Treat symptoms.</p> <p>Return to school as feeling able.</p>

Illness	Incubation/Contagious Period	Prevention	Symptoms	Follow-up Requirements
PinkEye without pus (Viral)	Incubation: 1-5 days. Minimally contagious if no drainage.	Good hygiene and hand washing. Avoid touching or rubbing eyes.	Inflammation of the inner surface of the eye lid. Redness to the white area of the eye. “Gritty” feeling in the eyes.	Staying home is unnecessary because the infection is very mild and minimally contagious.
Pink Eye with pus (Bacterial)	Incubation: 2-7 days Contagious: Onset of pus in eye until complete 1 day of antibiotics.	Good hygiene and hand washing. Avoid touching or rubbing eyes.	Inflammation of the inner surface of the eye lid. Redness to the white area of the eye. “Gritty” feeling in the eyes and eyes lids “stuck” shut when waking, pus visible.	Antibiotic eye drops for 24 hours before returning to school.
Impetigo	Incubation: 2-5 days Contagious: Onset of sores until 24 hours on antibiotics.	Good hygiene and hand washing.	A lesion that becomes pustular, honey colored, loose crust, and itchy. Mostly found on face.	Oral or topical antibiotics. Before returning to school, infected area needs to be covered.
Scabies	Incubation: 30-45 days. Contagious: Onset of rash until treatment completed.	Treatment of symptoms with prescription lotion. Washing of bed linens and clothing. Keep fingernails trimmed short to avoid spread through scratching.	Rash, irregular line that marks the path of the mite. Intense itching, especially at night.	Must see MD to confirm diagnosis and get prescription for treatment. (Follow package insert for specific product instructions.) Exclude from school 24 hours after treatment. Some cases do require 2 treatments. Check with MD.
Mono (Infectious Mononucleosis) “Kissing Disease”	Incubation: 30-50 days Contagious: Onset of fever until fever gone.	Don’t share drinking cups or eating utensils Practice good hygiene, especially good hand washing.	Fever, malaise, headache, sore throat, Enlarged tonsils, lymph nodes, and spleen.	Return to school on the advice of the physician. Sports restriction may be needed.

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Fifth's Disease	<p>Incubation: 4-14 days</p> <p>Contagious: 7 days before rash until rash begins.</p>	Good hand washing and hygiene	<p>Low grade fever, malaise, a "cold" before a lace-like rash appears,</p> <p>Itching.</p> <p>Cheeks have a slapped face appearance.</p> <p>Rash and symptoms will come and go over a period of time.</p>	<p>No Exclusion.</p> <p>Treat symptoms.</p> <p>Pregnant women should contact MD when exposed.</p>
Head Lice (Pediculosis)	<p>Nits (eggs)</p> <p>Incubate for 7-14 days</p> <p>Live adult lice lifespan of 30 days.</p> <p>Contagious until treatment successfully completed.</p>	<p>Do not share hats, coats, or hair items that can easily spread head lice.</p> <p>Cleaning/treatment instructions and checklist will be available at school or CVHD to outline process.</p>	<p>White or dark nits or the actual bug present on the hair shaft or scalp.</p> <p>Itching.</p> <p>Bites may appear behind ears and on neck area.</p>	<p>Exclusion from school until treated and all nits removed. (Participation in outside activities is strongly discouraged until cleared.)</p> <p>Re-check at CVHU or by a school designated official to clear for return to school.</p> <p>Check affected child and close contact daily for 2 weeks after "All Clear" to insure no further infestation.</p>
Seasonal Influenza "Flu"	<p>Incubation: 1-2 days</p> <p>Contagious: Onset of symptoms until fever gone.</p>	<p>Annual "flu" shot is recommended for all children 6mo-18 years of age.</p> <p>Cover coughs.</p> <p>Practice good hand washing or use a hand sanitizer.</p>	<p>Fever, chills, fatigue, sore throat, cough, headache, Muscle aches.</p> <p>Can lead to pneumonia and other more severe complications.</p>	<p>Treat symptoms.</p> <p>Follow-up with MD if symptoms persist or worsen.</p>

Resources for this information:

Pediatric Telephone Protocols 11th Edition by Barton D. Schmitt, MD.

Childhood and Communicable Diseases Sandford Children's C.H.I.L.D. Services.

Communicable Disease Regulations Fargo Cass Public Health

Approved _____

Central Valley Health District Health Officer

Date _____