

# Communicable Disease Guide

<u>Disease</u>	<u>Incubation Period</u>	<u>Symptoms</u>	<u>Period of Isolation</u>
Chicken Pox	14-21 days	Red raised dots with fluid blisters which usually start on back or chest	At least 5-7 days after the appearance and drying of last eruptions. May return sooner if a doctor sees child and sends admit slip. It is possible to contact the disease even if immunized but the case is usually much lighter.
Fifth's Disease	4-20 days	Rash on cheeks (Cheeks look like someone has slapped them) No fever or low grade. Red flat or Raised rash that lasts from 2-39 days (average 11days)	Until they are feeling well and fever free. Not contagious once rash occurs.
Gastroenteritis, viral	1-4 days	<ol style="list-style-type: none"> <li>1) Stomach Ache</li> <li>2) Nausea, vomiting</li> <li>3) Diarrhea</li> <li>4) Fever</li> </ol>	May return when fever-free for 24 hrs. and symptom free.
Hand, Foot and Mouth Disease	3-7 days	<ol style="list-style-type: none"> <li>1) Mild fever</li> <li>2) Sore throat</li> <li>3) Red spots that can blister on the tongue gums and inside of cheeks.</li> <li>4) Red spots that can blister on palms, finger, soles of feet or buttocks</li> </ol>	Young children will be excluded until mouth lesions have healed and any weeping lesions on Hands have healed (due to close contact among young children).
Herpes Simplex (Cold Sore)	2-21 days	<ol style="list-style-type: none"> <li>1) Fever, malaise</li> <li>2) Raised, painful or itchy sore, usually near lips, in mouth or throat or near eye</li> </ol>	Exclude until lesion are dry, scabbed & showing signs of healing, ie, less swelling, less redness, no drainage.

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Impetigo	2-3 days	Pinhead to bean-size lesions easily recognized by their honey-colored, readily crumbling and easily removable crusts.	Until scabs have formed over all the the lesions. With no drainage or until MD confirmed treatment for 24 hours, stating no longer infectious.
Influenza (Flu) Viral (Respiratory Infection)	1-4 days	Fever, chills, headaches, aching muscles, fatigue, sore throat, cough.	<u>Until fever and symptoms</u> *Call your doctor if you have trouble breathing or your fever does not subside after 4 days.
Pink Eye (Conjunctivitis)	On Contact	1) Discharge from eye 2) Crusts on lashes 3) Eye pain 4) Swollen eyelids 5) Redness in eye 6) Intense itching	When eye is no longer red or draining or when Dr. writes note saying child is no longer infectious & can return to school.
Ringworm (Fungus infection of the skin)	4-14 days	1) On scalp-patchy hair loss 2) On skin-reddish ring-like rash.	1) Scalp: 2-5 days after start of (MD confirmed) treatment. 2) Skin: until 24 hrs. after MD confirmed treatment, or if lesion can be covered.
RSV (Respiratory Syncytial Virus)	1-10 day	1) Begins with runny nose, fever, cough, sometimes wheezing. 2) Progresses to severe bronchitis or pneumonia Fever, harsh barking cough, Respiratory difficulty.	Until child is fever-free for at least 24 hrs. and symptoms have lessened in severity.

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Scabies (mite infestation)	Few weeks to a few months	Raised red bumps, usually between the fingers, on the wrist, elbows, beltline, thighs and genitals. Intense Itching, esp. at night. May have visible scratch marks.	May return 1 day after first scabies treatment. Treatment should be repeated in 1 week.
Measles (Rubeola)	10-14 days	Symptoms of a cold with fever, watery eyes, sometimes sneezing and a cough. Rash occurs after 3-5 days.	At least 5 days after appearance of rash and/or until the harsh coughing symptoms cease.
German Measles (3 days) (Rubella)	14-21 days	Small pinkish-red blotches, beginning behind the ears. Swelling of glands on back of neck.	At least 4 days after appearance of rash.
Mumps	18-20 days	Fever, nausea, pain and Swelling about jaws.	Until all swelling/ fevers/symptoms have disappeared.
Scarlet Fever and Strep Throat	2-7 days	** <u>Sudden onset</u> , with fever, vomiting, sore throat, development of rash and “strawberry tongue”, if Scarlet fever.	Until nose, throat, glands and ears are normal on inspection after treatment with antibiotics. Fever-free for 24 hrs

\*\*At the first appearance of these symptoms for **Scarlet Fever or Strep Throat**, antibiotics can be administered by your doctor to stop disease.

If a child has had a fever, the child should be fever-free for 24 hrs. before returning to school.

Rashes must be determined to be non-contagious with a note from the doctor before any child may return to school with a rash present.

REMEMBER: Practicing frequent good hand washing and teaching your children to do the same will help tremendously in preventing the spread of infectious diseases.