



This is intended as a general guide. Consult a health care provider for diagnosis and for recommendations or advice. Notify the Leeds, Grenville and Lanark District Health Unit if there is a higher than usual number of cases of any disease.

CHILDHOOD DISEASES

★ **Designated Reportable Diseases** - Click here for the [Reportable Disease Form](#) or call the Health Action Line 1-800-660-5853

Illness	How it Spreads	How to Recognize	When it is Contagious	When to Report/Exclude
Chickenpox ★ (varicella virus) This disease is vaccine preventable. Fact Sheet	<ul style="list-style-type: none"> contact with blister fluid or saliva of an infected person can also spread through the air; enters the body through the nose or mouth a pregnant woman can pass it on to her baby before birth 	<ul style="list-style-type: none"> begins with a fever, then an itchy red rash develops and quickly turns into fluid filled blisters blisters dry and scab over usually within 5 days 	<ul style="list-style-type: none"> usually 1-2 days before the appearance of rash and until all blisters are crusted over; usually 5 days incubation period *2-3 weeks 	<ul style="list-style-type: none"> for schools, report to the health unit via health unit's Chickenpox Reporting Form child can return to school when fever is gone and child feels well enough to participate in normal activities (regardless of the state of rash) pregnant and immunocompromised individuals should be informed of possible exposure and advised to consult with a health care provider
Diarrhea and Vomiting ★ <i>Gastroenteritis</i> (norovirus, rotavirus) Fact Sheet	<ul style="list-style-type: none"> germs are found in vomit and stool (poop) of an infected person and can spread to another person's mouth usually through unclean hands 	<ul style="list-style-type: none"> vomiting, diarrhea (unformed or watery stool), fever, loss of appetite, stomach pain, fatigue, headache 	<ul style="list-style-type: none"> while diarrhea and/or vomiting are present and up to 48 hours after symptoms stop incubation period *24-72 hours 	<ul style="list-style-type: none"> exclude for 24 hours after symptoms have stopped report outbreaks in child care settings immediately and exclude for 48 hours after symptoms have stopped
Ear Infection <i>Otitis Media</i> (bacterial or viral) Fact Sheet	<ul style="list-style-type: none"> usually follows a cold (viral upper respiratory infection) sometimes germs travel from the throat to the ear through a damaged Eustachian tube (connects the ear to the throat) 	<ul style="list-style-type: none"> if related to a cold, may have runny nose, cough, sneezing, or fever complaints of painful ear, tugging on the ear, irritability (especially infants) 	<ul style="list-style-type: none"> not usually contagious, however if fluid is draining from the ear it may contain germs always wash hands thoroughly to prevent the spread of germs 	<ul style="list-style-type: none"> no exclusion required if well enough to participate in regular activities may require antibiotic treatment
Fifth Disease (parvovirus B19) Fact Sheet	<ul style="list-style-type: none"> contact with secretions from the nose and mouth of an infected person (i.e. sneezing) can spread from a pregnant woman to her unborn child 	<ul style="list-style-type: none"> low grade fever, headache, cold-like symptoms, stomach upset, red rash on cheeks after 1-4 days a lace-like rash appears on the body; the rash can last up to 3 weeks 	<ul style="list-style-type: none"> a few days before the rash starts; once the rash appears, the virus is no longer contagious incubation period *4-20 days 	<ul style="list-style-type: none"> no exclusion required if child feels well enough to participate in activities If you are pregnant and your child becomes ill with fifth disease or you have had an exposure to someone with fifth disease, call your health care provider
Hand, Foot & Mouth Disease (coxsackie virus) Fact Sheet	<ul style="list-style-type: none"> contact with secretions from the nose and mouth of an infected person (i.e. sneezing) germs are also found in stool (poop) of an infected person and can spread to another person's mouth usually through unclean hands 	<ul style="list-style-type: none"> fever, headache, sore throat, loss of appetite, lack of energy, vomiting and/or diarrhea, small painful ulcers in the mouth, skin rash with small blisters on hands, feet, and buttocks 	<ul style="list-style-type: none"> most contagious during the first week of illness virus can be present in stool for up to 4 weeks after start of illness; always wash hands thoroughly to prevent the spread of germs incubation period *3-5 days 	<ul style="list-style-type: none"> no exclusion required if well enough to participate in regular activities
Impetigo (staphylococcal bacteria or streptococcal bacteria) Fact Sheet	<ul style="list-style-type: none"> usually follows a scrape or an insect bite contact with rash; contact with bedding, towels, or clothing that have touched an infected person's skin 	<ul style="list-style-type: none"> rash with a cluster of red bumps or blisters around the mouth, nose, or other exposed parts of the skin may ooze or be covered by a honey-colored crust 	<ul style="list-style-type: none"> from onset of rash until 24 hours after the start of antibiotic maintain good hand washing after touching infected skin 	<ul style="list-style-type: none"> exclude for 24 hours after the start of antibiotics or until rash is healed
Influenza ★ (virus) This disease is vaccine preventable. Fact Sheet	<ul style="list-style-type: none"> contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing) contact with objects (i.e. surfaces, toys, doorknobs) exposed to droplets from an infected person 	<ul style="list-style-type: none"> sudden fever, chills, headache, fatigue, muscle aches, cough, and sore throat children may also have upset stomach, vomiting, diarrhea, ear aches, and red eyes 	<ul style="list-style-type: none"> 24 hours before and up to 7-10 days after symptoms begin (for children) incubation period *1-3 days 	<ul style="list-style-type: none"> exclude until fever is absent for at least 24 hours (with no over the counter medications) and the child feels well enough to participate in regular activities
Measles ★ (measles virus) This disease is vaccine preventable. Fact Sheet	<ul style="list-style-type: none"> contact with secretions from the nose or mouth of an infected person can also spread through the air (i.e. coughing, sneezing, talking) or contamination of surfaces (the virus can remain active in the air or on surfaces for at least 2 hours) 	<ul style="list-style-type: none"> fever, runny nose, cough, drowsiness, irritability and red eyes (usually begins 7-18 days after exposure), small white spots on the inside of the mouth and throat in a few days a blotchy red rash appears on the face and progresses down the body 	<ul style="list-style-type: none"> measles is highly contagious usually 4 days before and up to 4 days after rash begins incubation period *7-18 days from exposure to onset of fever 	<ul style="list-style-type: none"> report to the health unit immediately exclude for at least 4 days after start of rash contacts of case with no history of immunization or measles infection should be excluded for 21 days
Meningitis ★ This disease is vaccine preventable and is caused by bacteria or viruses. Fact Sheet	<ul style="list-style-type: none"> Bacterial: direct contact with secretions from nose or throat of an infected person (sharing dishes, toothbrushes, mouth guards) Viral: complication from a viral illness; germs in stool (poop) of an infected person can spread to another person's mouth through unclean hands 	<ul style="list-style-type: none"> fever, fatigue, drowsiness, reduced consciousness, irritability, fussiness, agitation, severe headache, vomiting, stiff neck, pain when moving head or neck, joint pain, skin rash, seizures 	<ul style="list-style-type: none"> Bacterial: 7 days before symptoms begin to 24 hours after the start of appropriate antibiotics; incubation period depends on affecting bacteria Viral: period of contagiousness depends on affecting virus 	<ul style="list-style-type: none"> report to the health unit immediately Bacterial: exclude for at least 24 hours after the start of appropriate antibiotics Viral: exclusion may depend on the virus that is identified; consult with health unit
Mononucleosis (Epstein-Barr virus) Fact Sheet	<ul style="list-style-type: none"> spreads person-to-person through saliva (i.e. kissing, sharing beverages) 	<ul style="list-style-type: none"> 50% of people have no symptoms fever, sore throat, fatigue, swollen glands, enlarged spleen 	<ul style="list-style-type: none"> not highly contagious; can persist for a year or more after infection incubation period *4-6 weeks 	<ul style="list-style-type: none"> no exclusion required; consult physician about avoiding contact sports until fully recovered
Mumps ★ <i>Infectious Parotitis</i> (mumps virus) This disease is vaccine preventable. Fact Sheet	<ul style="list-style-type: none"> contact with secretions from the nose or mouth of an infected person contact with objects that have been exposed to droplets or saliva from an infected person 	<ul style="list-style-type: none"> fever, swelling and tenderness of one or more salivary glands 	<ul style="list-style-type: none"> 7 days before and up to 5 days after onset of swollen glands incubation period *12-25 days 	<ul style="list-style-type: none"> report to the health unit immediately exclude for 5 days after onset of swollen glands
Pink Eye (Conjunctivitis) (bacterial/viral) Fact Sheet	<ul style="list-style-type: none"> contact with eye secretions through contaminated fingers or articles (i.e. wash cloths or towels) when pink eye is caused by a cold the droplets from a sneeze or cough can also spread it 	<ul style="list-style-type: none"> redness in whites of eye, scratchy feeling or pain in eye watery or yellowish discharge; eyelids often stick together 	<ul style="list-style-type: none"> assume contagious until diagnosed incubation period *24-48 hours 	<ul style="list-style-type: none"> exclude until child has seen a doctor for bacterial causes, exclude for 24 hours after the start of appropriate antibiotic
Rubella ★ <i>German Measles</i> (rubella virus) This disease is vaccine preventable. Fact Sheet	<ul style="list-style-type: none"> contact with secretions from the nose or mouth of an infected person may affect fetus if infection occurs in pregnancy 	<ul style="list-style-type: none"> mild fever, headache, fatigue, runny nose, red eyes, rash (small red spots) 	<ul style="list-style-type: none"> 1 week before and at least 4 days after the rash begins incubation period *14-21 days 	<ul style="list-style-type: none"> report to the health unit immediately exclude for 7 days after rash begins pregnant contacts should be advised to consult with their doctor promptly
Strep Throat/Scarlet Fever (group A streptococcus bacteria) Fact Sheet	<ul style="list-style-type: none"> contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing) 	<ul style="list-style-type: none"> fever, very sore throat, headache, swollen glands, trouble swallowing, nausea, sore stomach if scarlet fever, can have sandpaper-like rash 	<ul style="list-style-type: none"> 10-21 days or until 24 hours after starting appropriate antibiotic treatment incubation period *1-3 days 	<ul style="list-style-type: none"> exclude for 24 hours after the start of appropriate antibiotic
Whooping Cough ★ <i>Pertussis</i> (bordetella pertussis bacteria) This disease is vaccine preventable. Fact Sheet	<ul style="list-style-type: none"> sharing close airspace (less than 1 meter) contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing) 	<ul style="list-style-type: none"> respiratory symptoms followed by persistent repetitive cough ending in gagging/ vomiting (may or may not have characteristic "whoop"); fever is mild or absent 	<ul style="list-style-type: none"> up to 21 days after symptoms begin if not treated Note: most contagious during the first 2 weeks when symptoms resemble a common cold incubation period *5-21 days 	<ul style="list-style-type: none"> report to the health unit immediately exclude until infected person has had 5 full days of appropriate antibiotic treatment

* Incubation period = Time between contact with disease and start of symptoms

FACT SHEETS:

<http://healthunit.org/health-information/infectious-diseases/fact-sheets/>