



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 **1-800-660-5853**

Illness	How it Spreads	How to Recognize	When it is Contagious	When to Report/Exclude
<b>Chickenpox</b> ★ (varicella virus) This disease is vaccine preventable.	<ul style="list-style-type: none"> <li>contact with blister fluid or saliva of an infected person</li> <li>can also spread through the air; enters the body through the nose or mouth</li> <li>a pregnant woman can pass it on to her baby before birth</li> <li>Incubation period *2-3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>begins with a fever, then an itchy red rash develops and quickly turns into fluid filled blisters</li> <li>blisters dry and scab over usually within 5 days</li> <li>headache, loss of appetite</li> </ul>	<ul style="list-style-type: none"> <li>usually 1-2 days before the appearance of rash and until all blisters are crusted over; usually 5 days</li> <li>Infectious between 8 to 21 days following exposure</li> </ul>	<ul style="list-style-type: none"> <li>for child care and schools, report to the health unit via health unit's <a href="#">Chickenpox Reporting Form</a></li> <li>child can return to child care or school when fever is gone and child feels well enough to participate in normal activities (regardless of the state of rash)</li> <li>pregnant and immunocompromised individuals should be informed of possible exposure and advised to consult with a health care provider</li> </ul>
<b>Diarrhea and Vomiting</b> ★ <i>Gastroenteritis</i> (norovirus, rotavirus)	<ul style="list-style-type: none"> <li>germs are found in vomit and stool (poop) of an infected person and can spread to another person's mouth usually through unclean hands</li> <li>incubation period *24-72 hours</li> </ul>	<ul style="list-style-type: none"> <li>vomiting, diarrhea (unformed or watery stool), fever, loss of appetite, stomach pain, fatigue, headache</li> </ul>	<ul style="list-style-type: none"> <li>while diarrhea and/or vomiting are present and up to 48 hours after symptoms stop</li> </ul>	<ul style="list-style-type: none"> <li>exclude from child care and school for 48 hours after symptoms have stopped</li> <li>report outbreaks in child care settings immediately</li> </ul>
<b>Influenza</b> ★ (virus) This disease is vaccine preventable.	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing)</li> <li>contact with objects (i.e. surfaces, toys, doorknobs) exposed to droplets from an infected person</li> <li>incubation period *1-4 days</li> </ul>	<ul style="list-style-type: none"> <li>sudden fever, chills, headache, fatigue, muscle aches, cough, and sore throat</li> <li>children may also have upset stomach, vomiting, diarrhea, ear aches, and red eyes</li> </ul>	<ul style="list-style-type: none"> <li>24 hours before and up to 7-10 days after symptoms begin (for children)</li> </ul>	<ul style="list-style-type: none"> <li>exclude from child care and school 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</li> </ul>
<b>Measles</b> ★ (measles virus) This disease is vaccine preventable.	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person</li> <li>spreads easily through the air (i.e. coughing, sneezing, talking, being in the same room) or through the contamination of surfaces (as the virus can remain active in the air and surfaces for at least 2 hours)</li> <li>incubation period *7-21 days</li> </ul>	<ul style="list-style-type: none"> <li>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, body aches</li> <li>in a few days a blotchy red rash appears on the face and progresses down the body</li> </ul>	<ul style="list-style-type: none"> <li>measles is highly contagious</li> <li>usually 4 days before and up to 4 days after rash begins</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude from childcare and school for at least 4 days after start of rash</li> <li>contacts of case with no history of immunization or measles infection should be excluded for 21 days</li> </ul>
<b>Meningitis</b> ★ <i>Meningococcal Disease</i> (bacterial/viral) This disease is vaccine preventable and is caused by bacteria or viruses.	<ul style="list-style-type: none"> <li>direct contact with secretions from nose or throat of an infected person (sharing dishes, toothbrushes, mouth guards, kissing)</li> <li>complication from a viral illness; germs in stool (poop) of an infected person can spread to another person's mouth through unclean hands</li> </ul>	<ul style="list-style-type: none"> <li>fever, fatigue, drowsiness, reduced consciousness, irritability, fussiness, agitation, severe headache, vomiting, stiff neck, pain when moving head or neck, joint pain, seizures, loss of appetite, skin rash (red dots that do not disappear when pressed)</li> </ul>	<ul style="list-style-type: none"> <li>7 days before symptoms begin to 24 hours after the start of appropriate antibiotics regardless of immunization status</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude from child care and school for at least 24 hours after the start of antibiotics</li> </ul>
<b>Mumps</b> ★ <i>Infectious Parotitis</i> (mumps virus) This disease is vaccine preventable.	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person</li> <li>contact with objects that have been exposed to droplets or saliva from an infected person</li> <li>incubation period *12-25 days</li> </ul>	<ul style="list-style-type: none"> <li>fever, swelling and tenderness of one or more salivary glands</li> </ul>	<ul style="list-style-type: none"> <li>7 days before and up to 5 days after onset of swollen glands</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude from child care and school for 5 days after onset of swollen glands</li> </ul>
<b>Rubella</b> ★ <i>German Measles</i> (rubella virus) This disease is vaccine preventable.	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person</li> <li>a pregnant woman can pass it on to her baby before birth</li> <li>incubation period *14-21 days</li> </ul>	<ul style="list-style-type: none"> <li>mild fever, headache, fatigue, runny nose, red eyes, rash (small red spots that start on the face and cover the body in 24 hours)</li> </ul>	<ul style="list-style-type: none"> <li>1 week before and at least 4 days after the rash begins</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude from child care and school for 7 days after rash begins</li> <li>pregnant contacts should be advised to consult with their doctor promptly</li> </ul>
<b>Whooping Cough</b> ★ <i>Pertussis</i> (bordetella pertussis bacteria) This disease is vaccine preventable.	<ul style="list-style-type: none"> <li>sharing close airspace (less than 1 meter)</li> <li>contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing)</li> <li>incubation period *6-20 days</li> </ul>	<ul style="list-style-type: none"> <li>respiratory symptoms followed by persistent cough ending in gagging/ vomiting (may or may not have characteristic "whoop"); fever is mild or absent, runny nose</li> </ul>	<ul style="list-style-type: none"> <li>up to 21 days after symptoms begin if not treated</li> <li>Note: most contagious during the first 2 weeks when symptoms resemble a common cold</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude from childcare or school until infected person has had 5 full days of antibiotic treatment - if no antibiotic treatment is used exclude for 3 weeks after the onset of cough</li> </ul>
<b>Ear Infection</b> <i>Otitis Media</i> (bacterial or viral)	<ul style="list-style-type: none"> <li>usually follows a cold (viral upper respiratory infection)</li> <li>sometimes germs travel from the throat to the ear through a damaged Eustachian tube (connects the ear to the throat)</li> </ul>	<ul style="list-style-type: none"> <li>if related to a cold, may have runny nose, cough, sneezing, or fever</li> <li>complaints of painful ear, tugging on the ear, irritability (especially infants), trouble sleeping, trouble hearing quiet sounds</li> </ul>	<ul style="list-style-type: none"> <li>not usually contagious, however if fluid is draining from the ear it may contain germs</li> <li>always wash hands thoroughly to prevent the spread of germs</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required if well enough to participate in regular activities</li> <li>may require antibiotic treatment</li> </ul>
<b>Fifth Disease</b> (parvovirus B19)	<ul style="list-style-type: none"> <li>contact with secretions from the nose and mouth of an infected person (i.e. sneezing)</li> <li>can spread from a pregnant woman to her unborn child</li> <li>incubation period *4-20 days</li> </ul>	<ul style="list-style-type: none"> <li>low grade fever, headache, cold-like symptoms, stomach upset, red rash on cheeks (commonly described as "slapped cheek" appearance)</li> <li>after 1-4 days a lace-like rash appears on the body; the rash can last up to 3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>a few days before the rash starts; once the rash appears, the virus is no longer contagious</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required if child feels well enough to participate in activities</li> <li>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</li> </ul>
<b>Hand, Foot &amp; Mouth Disease</b> (coxsackie virus)	<ul style="list-style-type: none"> <li>contact with secretions from the nose, mouth and blisters of an infected person (i.e. sneezing)</li> <li>germs are also found in stool (poop) of an infected person and can spread to another person's mouth usually through unclean hands</li> <li>incubation period *3-5 days</li> </ul>	<ul style="list-style-type: none"> <li>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 lasting 7-10 days</li> </ul>	<ul style="list-style-type: none"> <li>most contagious during the first week of illness</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>exclude from child care and school until fever is absent for 24 hours (with no over the counter medication), blisters have dried and child feels well enough to participate in regular activities</li> </ul>
<b>Impetigo</b> (staphylococcal bacteria or streptococcal bacteria)	<ul style="list-style-type: none"> <li>usually follows a scrape or an insect bite</li> <li>direct contact with rash; contact with bedding, towels, or clothing that have touched an infected person's skin</li> </ul>	<ul style="list-style-type: none"> <li>rash with a cluster of red bumps or blisters around the mouth, nose or other parts of the skin not covered by clothing</li> <li>may ooze or be covered by a honey-colored crust</li> </ul>	<ul style="list-style-type: none"> <li>from onset of rash until 24 hours after the start of antibiotic</li> <li>maintain good hand washing after touching infected skin</li> </ul>	<ul style="list-style-type: none"> <li>exclude from child care and school for 24 hours after the start of antibiotics - if no antibiotic treatment is used exclude until rash is healed</li> </ul>
<b>Mononucleosis</b> (Epstein-Barr virus)	<ul style="list-style-type: none"> <li>spreads person-to-person through saliva (i.e. kissing, sharing beverages)</li> <li>incubation period *4-6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>50% of people have no symptoms</li> <li>fever, sore throat, fatigue, swollen glands, enlarged spleen</li> </ul>	<ul style="list-style-type: none"> <li>not highly contagious; can persist for a year or more after infection</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required; consult physician about avoiding contact sports until fully recovered</li> </ul>
<b>Pink Eye (Conjunctivitis)</b> (bacterial/viral)	<ul style="list-style-type: none"> <li>contact with eye secretions through contaminated fingers or articles (i.e. wash cloths or towels)</li> <li>when pink eye is caused by a cold the droplets from a sneeze or cough can also spread it</li> <li>incubation period *24-48 hours</li> </ul>	<ul style="list-style-type: none"> <li>redness in whites of eye, scratchy feeling or pain in eye, swollen eyelids</li> <li>watery or yellowish discharge; eyelids often stick together</li> </ul>	<ul style="list-style-type: none"> <li>assume contagious until diagnosed</li> </ul>	<ul style="list-style-type: none"> <li>exclude from child care and school until child has seen a doctor, nurse practitioner or pharmacist</li> <li>for bacterial causes, exclude for 24 hours after the start of appropriate antibiotic</li> </ul>
<b>Strep Throat/Scarlet Fever</b> (group A streptococcus bacteria)	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing)</li> <li>incubation period *1-3 days</li> </ul>	<ul style="list-style-type: none"> <li>fever, very sore throat, headache, swollen glands, trouble swallowing, nausea, sore stomach, red throat</li> <li>if scarlet fever, can have sandpaper-like rash</li> </ul>	<ul style="list-style-type: none"> <li>10-21 days or until 24 hours after starting appropriate antibiotic treatment</li> </ul>	<ul style="list-style-type: none"> <li>exclude from child care and school for 24 hours after the start of appropriate antibiotic</li> </ul>

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

**FACT SHEETS:**

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

References:  
Ministry of Health and Long Term Care [www.health.gov.on.ca](http://www.health.gov.on.ca)  
Canadian Pediatric Society [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)  
MOHLTC Infectious Diseases Protocol 2022 [www.health.gov.on.ca/en/pro/programs/publichealth/oph\\_standards/infdispro.aspx](http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/infdispro.aspx)