

Common Diseases Summary

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Disease	Symptoms	How long before Symptoms Appear? (Incubation Period)	How long is it contagious? (Period of Communicability)	How is it spread? (Mode of Transmission)	Exclusion
Baby Measles (Roseola)	<ul style="list-style-type: none"> Sudden onset of a fever (as high as 41^o C) that lasts 3-5 days. Once fever breaks, a rash (red, raised marks) occurs on the trunk and later all over the body. 	<p>10 days</p> <p>(Commonly 5-15 days)</p>	<ul style="list-style-type: none"> Not known 	<ul style="list-style-type: none"> Contact with saliva from an infected person 	No exclusion
Chickenpox	<ul style="list-style-type: none"> Slight fever, feeling unwell for 1-2 days before rash Rash begins as red, raised marks, progressing to blisters and pustules which leave a scab lasts about 7 days, Rash can be very itchy 	<p>10-21 days (commonly 14-16 days)</p>	<ul style="list-style-type: none"> Up to 5 days before the rash begins until rash crusts over (usually 5 days), Most infections 1-2 days before rash starts to 1-2 days after 	<ul style="list-style-type: none"> Spread through the air when infected person coughs, sneezes or breathes, By touching fluid in blister 	No exclusion, from settings with persons already exposed (e.g. Daycare or school) but exclusion from settings with persons not previously exposed (e.g. weekly classes)
Fifth disease, (Parvovirus B19 or Slapped Cheek)	<ul style="list-style-type: none"> Headache, mild fever, achiness for 3-4 days A bright, red rash on the cheek ("slapped cheek" look), 1-4 days later a red lace-like rash appears on the arms, legs and body. May be itchy. The rash comes and goes for 1-3 weeks. 	<p>4-20 days</p>	<ul style="list-style-type: none"> A few days before rash begins, No longer contagious once rash appears 	<ul style="list-style-type: none"> Spread through large droplets when infected person coughs or sneezes directly in one's face, By touching objects that have the virus on them. 	No exclusion.
Impetigo (caused by different bacteria Staph or Strep)	<ul style="list-style-type: none"> Small blisters that may ooze a watery liquid or pus and develop a honey colored crust. 	<p>7-10 days</p>	<ul style="list-style-type: none"> Until sores healed or on antibiotics for 24 hours 	<ul style="list-style-type: none"> Person-to-person by touching the infected area 	<i>Recommended</i> exclusion until 24 hours after starting appropriate antibiotic treatment.

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Hand, Foot and Mouth Disease (Enterovirus)	<ul style="list-style-type: none"> Fever, sore throat, grey colored sores in mouth Blisters on the palms, fingers, soles of feet, and/or diaper area 	3-5 days	<ul style="list-style-type: none"> While person has symptoms 	<ul style="list-style-type: none"> Spread through the air when infected person coughs, sneezes or breathes By contact with stool, nose or throat secretions. 	No exclusion
Lice Pediculosis	<ul style="list-style-type: none"> First signs are usually itching and scratching the head BUT may have no symptoms, Nits (eggs) may be seen firmly attached to the hair close to the scalp 	1-2 weeks	<ul style="list-style-type: none"> As long as lice or eggs are alive; can live up to 3 days off the scalp 	<ul style="list-style-type: none"> By direct contact with a person with lice; indirectly, by contact with items such as bedding, hats, and combs of a person with lice 	No exclusion.
Norovirus	<ul style="list-style-type: none"> Nausea, vomiting, diarrhea, stomach cramps, low-grade fever, chills, headache, muscle aches and fatigue. 	24-48 hours	<ul style="list-style-type: none"> From the moment a person feels ill until at least 48 hours after diarrhea stops 	<ul style="list-style-type: none"> Direct contact with the feces or vomit of someone who is infected with Norovirus Eating foods or drinking liquids that are contaminated with Norovirus Touching surfaces or objects contaminated with norovirus. 	Yes, until 48 hours after the symptoms have disappeared.

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Pink eye (Bacterial Conjunctivitis)	<ul style="list-style-type: none"> Scratchy feeling, burning or pain in the eye. May be watery or pus like discharge; Bacterial pink eye tends to have more discharge (pus) and inflammation of the eye than viral pink eye. 	2-3 days	<ul style="list-style-type: none"> 24 hours after appropriate antibiotic treatment for bacterial pink eye is started (e.g. antibiotic eye drops or ointment) 	<ul style="list-style-type: none"> By touching the discharge from eye; By touching articles used on the infected eye (e.g. tissue, facecloth) 	<p><i>Recommended</i> exclusion until 24 hours after starting appropriate antibiotic treatment;</p> <p>No exclusion if viral pink eye</p>
Rotavirus	<ul style="list-style-type: none"> Vomiting is often the first symptom. Usually, a fever and diarrhea follow. 	1-3 days	<ul style="list-style-type: none"> During the acute stage of illness and until diarrhea stops 	<ul style="list-style-type: none"> Direct contact – Changing diaper of infected child or assisting with toilet training. Indirect contact – touching and object contaminated with rotavirus. The virus can survive long periods of hard surfaces. 	Exclusion until 48 hours after symptoms have ended.
RSV Respiratory Syncytial Virus	<ul style="list-style-type: none"> Rhinorrhea, sneezing, cough, sore throat, bronchitis, headache, fatigue, fever.> URT, LRT, Otitis Media, Pneumonia, Bronchiolitis. 	2 to 8 days.	<ul style="list-style-type: none"> Significant and prolonged contact is required with infected individual. Can shed for weeks even after clinical recovery 	<ul style="list-style-type: none"> Direct contact with infectious secretions of nasal or conjunctival mucosa with contaminated hands. 	No exclusion. Supportive treatment. Premature infants, elderly, <2yrs with chronic lung conditions, and immunocompromised are at high risk.

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Shingles (herpes zoster)	<ul style="list-style-type: none"> Blister like rash usually confined to one section or side of the body Severe pain, with and following shingles, is common in adults but rare in children 	Reactivation of own virus from previous chickenpox disease or varicella vaccine	<ul style="list-style-type: none"> For 7 days after rash appears (susceptible persons may develop chickenpox not shingles) 	<ul style="list-style-type: none"> Direct contact with fluid in blister Less frequently spread through the air when infected person coughs, sneezes or breathes 	No exclusion as long as rash can be covered
Strep Throat /Scarlet Fever	<ul style="list-style-type: none"> Fever, sore throat, sometimes swollen glands with NO cough or runny nose May have sandpapery rash on body. 	1-3 days	<ul style="list-style-type: none"> If untreated 10-21 days (longer if illness more severe); For 24 hours after appropriate antibiotics have been started 	<ul style="list-style-type: none"> Spread through droplets in the air when infected person coughs, sneezes or breathes By contact with the saliva of an infected person 	Recommended exclusion until 24 hours after starting appropriate antibiotic treatment; No Exclusion.
Whooping cough	<ul style="list-style-type: none"> Cold-like symptoms; cough that lasts for weeks (100 day cough); coughing spells may be followed by gagging and vomiting Coughing is usually worse at night 	6-21 days (usually 7-10 days)	<ul style="list-style-type: none"> From the beginning of symptoms until 3 weeks after the cough starts OR up to 5 days after appropriate antibiotics are started 	<ul style="list-style-type: none"> Spread through droplets in the air when infected person coughs, talks or sneezes 	Exclusion until 5 days of the antibiotics are completed or 3 weeks of coughing have passed in settings where there are vulnerable persons. (Vulnerable persons include children less than 1 year of age and pregnant females in the third trimester).