

COMMON CHILDHOOD INFECTIOUS DISEASES



DISEASE/ INFECTION	HOW IT SPREADS	INCUBATION PERIOD	SIGNS & SYMPTOMS	CONTAGIOUS PERIOD	REPORT TO LHD?	PREVENT SPREAD	RETURN TO DAYCARE
Chicken Pox	Direct contact with weeping blisters or airborne from nose or mouth droplets	10 to 21 days, usually 14 to 16 days	Fever and fatigue; 1-2 days later a red rash with fluid filled blisters	From up to 5 days before rash until lesions have crusted over	NO, unless multiple cases	Timely immunizations, proper handwashing and hygiene	When all lesions have crusted and child feels well
Conjunctivitis (Pink Eye)	Highly contagious; Direct contact with discharge from eyes or contaminated objects	12 hours-12 days, varies with pathogen	Irritation of the eyes, ears, swelling, buildup of sticky fluid and crusting	Up to 3 days before symptoms and while there is discharge from the eyes	NO	Proper handwashing and hygiene; Disinfection of surfaces and toys	When eyes are mucus free or on medication for 24 hours
Coxsackie (Hand, Foot and Mouth Disease)	Contact with stool, nose or mouth secretions	3 to 5 days	Fever and flu-like symptoms, sores in mouth, on hands or feet	1 to 2 weeks after symptom onset (virus can be shed in stool for several weeks)	NO	Proper handwashing and disinfection of changing tables, surfaces and toys	When lesions heal and child feels well
Fifth's Disease	Direct contact with eye, nose, or mouth droplets	4 to 21 days, usually 4 to 14 days	Low grade fever, cold symptoms, "slapped cheek" face followed by lacy rash on trunk, hands and feet	Only during week BEFORE rash develops	NO	Proper handwashing and hygiene	When child feels well
Head Lice (Pediculosis)	Close contact with affected individuals and sharing combs, brushes, hats or bedding	Eggs (nits) hatch in 6 to 10 days	Itching, small red bumps on scalp, lice or eggs found in hair	Visible living lice on the head	NO	Wash bedding, clothes in hot water; hang coats separately in school; Close contacts should be treated for crawling lice	Children can return to class after starting appropriate treatment
Impetigo	Direct contact with discharge from infected skin, contaminated surfaces	1 to 10 days	Rash with cluster of red bumps around mouth or nose; may ooze yellow-colored crust	From rash onset until healed or 24 hours after start of treatment	NO	Proper handwashing and disinfection of changing tables, surfaces and toys	When rash is healed or 24 hours after treatment started
Influenza	Highly contagious; Direct contact with nose or mouth droplets	1 to 3 days	Cough, chills, malaise, fever, general aches and headache	From 1 day before and up to 7 days after symptom onset	YES	Annual vaccination beginning at 6 months of age; Proper handwashing and hygiene	Fever free for 24 hours without the use of fever-reducing medication
Measles	Highly contagious; Airborne or contact with droplets from eyes, nose or mouth	7 to 18 days, usually 8 to 12 days	Fever, cough, red eyes for 1-3 days before rash onset. Rash starts on face, moves to trunk and extremities	From 4 days before rash onset until 4 days after the start of rash	YES, Contacts may require treatment	Proper vaccination at 12 months of age and a booster dose between 4- 6 years	Exclude for at least 4 days after rash onset; Exclude unvaccinated contacts for 21 days
MRSA (Methicillin Resistant Staph Aureus)	Direct contact with infected skin, drainage or contaminated surfaces	Variable	Skin infection that looks like pimples or boils. May be red, swollen or pus-filled	Draining wounds are very contagious; should be covered at all times	NO	Cover skin lesions, do not share personal items (towels); Proper handwashing and hygiene	After medical evaluation, skin must be well covered; exclusion from all contact activities until healed
Pertussis (Whooping Cough)	Contact with droplets from nose, eyes or mouth	5 to 21 days, usually 7-10 days	Runny nose, persistent cough or short convulsive-like cough	Most infectious before cough; 3 weeks after cough begins if untreated	YES	Proper vaccination at 2, 4, 6, between 15-18 months and 4-6 years	Five days after provider prescribed antibiotics started
RSV (Respiratory Syncytial Virus)	Highly contagious; Direct contact with secretions from nose, mouth or contaminated surfaces	2 to 8 days	Cold-like symptoms: stuffy or runny nose, cough, low-grade fever, sore throat, possible ear infection	Few days before symptoms until 3 to 8 days after symptoms; up to 3-4 weeks after symptoms in infants	NO	Avoid sharing linens and toys; Proper handwashing and disinfection of changing tables, surfaces and toys	No exclusion if child is well enough to participate in regular activities
Stomach Bug (Gastroenteritis)	Direct contact with stool, saliva or vomit	Varies with pathogen, hours to 5 days	Abrupt onset of nausea, vomiting, diarrhea and stomach pain	From 2 days before symptoms until symptoms resolve	NO, unless multiple cases	Proper handwashing and disinfection of changing tables, surfaces and toys	Once child is symptom free for 24 hours
Streptococcal Sore Throat	Direct contact with nose or mouth secretions	1 to 5 days	Sore throat, fatigue and fever	From symptom onset until 24 hours after antibiotics	NO	Proper handwashing and disinfection of changing tables, surfaces and toys	Fever-free and 24 hours after prescribed antibiotics started