Here are some illnesses that children often get. All of these spread from person to person. The table shows the following:

**Disease:** The name your health care professional will call it.
**Symptoms:** The signs of sickness your child will have or show.
**Spread:** The way your child can get or spread the disease.
**Infectious:** The time when your child is most likely to get or spread the disease.
**Exclusion:** When your child is not allowed to attend school, nursery or day care, with this illness.

<table>
<thead>
<tr>
<th>Disease</th>
<th>Symptoms</th>
<th>How It’s Spread</th>
<th>Infectious</th>
<th>Exclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Pox</td>
<td>• Fever&lt;br&gt;• Small, fluid filled spots that look like tiny blisters.</td>
<td>• By an infected person coughing or sneezing.&lt;br&gt;• By touching the fluid in the blisters before the blisters are dry.</td>
<td>• 1-2 days before the spots appear up to 6 days after the spots start.</td>
<td>• Until feeling well and the blisters are crusted over and dry.</td>
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<td>Fifth Disease</td>
<td>• Mild fever:&lt;br&gt;• Aches.&lt;br&gt;• Tiredness.&lt;br&gt;• Cold-like symptoms.&lt;br&gt;• A red face rash ‘slapped cheeks’ appears.&lt;br&gt;• Rash may spread to the body.</td>
<td>• By contact with the nose and throat secretions of an infected person.&lt;br&gt;• The virus can pass from an infected pregnant woman to her unborn baby.</td>
<td>• Before the rash appears.&lt;br&gt;• Probably not contagious after the rash appears.</td>
<td>• Only if not well enough to participate.&lt;br&gt;• Exposed pregnant women should contact their doctor.</td>
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<td>German Measles (Rubella)</td>
<td>• Mild fever:&lt;br&gt;• Runny nose.&lt;br&gt;• Swollen glands.&lt;br&gt;• Sometimes followed by a mild red rash.</td>
<td>• By an infected person coughing or sneezing.&lt;br&gt;• By contact with the nose and throat secretions of an infected person.</td>
<td>• From 7 days before until 7 days after the rash first appears.</td>
<td>• Until 7 days after the rash first appears.&lt;br&gt;• Exposed pregnant women should contact their doctor.</td>
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<tr>
<td>Hand, Foot and Mouth Disease (Coxsackievirus Disease)</td>
<td>• Fever.&lt;br&gt;• Sore throat.&lt;br&gt;• Sore(s) in the mouth.&lt;br&gt;• May be sore on the gums, tongue, palms fingers and soles of the feet.</td>
<td>• By contact with the nose and throat secretions and/or faeces (stool/bowel movement) of an infected person.</td>
<td>• While symptoms are present (However, the virus can continue to shed in the stool for weeks).</td>
<td>• Only if not well enough to participate.</td>
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<td>Impetigo</td>
<td>• Pus filled pimples that crust over.&lt;br&gt;• These are usually located on the face but may be on other parts of the body not covered by clothes (arms and/or legs).</td>
<td>• By person to person through direct contact with secretions from the sores of an infected person.</td>
<td>• From onset of skin infection until 24 hours after a specific antibiotic has been started.</td>
<td>• Until a full 24 hours after antibiotic treatment has been started.</td>
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<tr>
<td>Measles (Red Measles)</td>
<td>• High fever.&lt;br&gt;• Runny nose.&lt;br&gt;• Cough.&lt;br&gt;• Inflamed eyes.&lt;br&gt;• Small red spots with bluish-white centers inside the mouth (Koplik spots).&lt;br&gt;• After about 4 days, a bright, red, raised blotchy rash appears.</td>
<td>• By an infected person coughing or sneezing.&lt;br&gt;• By contact with the nose or throat secretions of an infected person.</td>
<td>• From 4 days before onset of symptoms until 4 days after the rash appears.</td>
<td>• Until 4 days after the rash first appears.</td>
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<tr>
<td>Mumps</td>
<td>• Fever.&lt;br&gt;• Swollen salivary glands (below the ears).</td>
<td>• By an infected person coughing or sneezing.&lt;br&gt;• By contact with the nose or throat secretions of an infected person.</td>
<td>• From 7 days before until 9 days after the swelling appears.</td>
<td>• Until 9 days after the swelling first appears.</td>
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</tbody>
</table>
| **Pinkeye (Conjunctivitis)** | • Scratchy, painful eye(s) and tearing with pus.  
• Whites of the eyes turn pink or red.  
• After sleep, eyelids are often stuck together from the pus.  
• By contact with the eye pus of an infected person.  
• By contact with the nose or throat secretions of an infected person.  
• For duration of illness or until 24 hours after antibiotic treatment has been started.  
• Until 24 hours after antibiotic treatment has been started. |
| **Scabies** | • Very itchy rash (mites burrow under the skin and deposit.  
• Eggs & faeces/poop in black-red bump).  
• In children over 2 years, the rash is usually on fingers, elbows, armpits and tummy.  
• Younger children may have rash on the entire body.  
• By touching someone who has scabies.  
• By using other personal items of someone who has scabies.  
• Until mites and eggs are killed.  
• Treatment is applied to the skin usually two times, one week apart.  
• Treatment is by the same product that is used for head lice.  
• Until the day after one treatment has been applied.  
• Close contacts may also need treatment. |
| **Strep Throat** | • Sore red throat.  
• Fever.  
• Tiredness.  
• Headache.  
• Sores around the mouth, upper body and may spread to the entire body.  
• Headache.  
• Vomiting.  
• Chills.  
• Fever.  
• Sore throat.  
• White spots attached to hair (small insects).  
• Feeling something moving on head  
• Itchy feeling on head  
• Swollen tender glands in the neck.  
• Headache.  
• Vomiting.  
• Stomach ache in children.  
• Sores around the mouth, upper body and may spread to the entire body.  
• Itchy feeling on head  
• Feeling something moving on head  
• Swollen tender glands in the neck.  
• Headache.  
• Vomiting.  
• A high-pitched whoop and often severe coughing spells followed by a high-pitched whoop and often vomiting.  
• Mild symptoms in older children, often thought to be a “bad cold”.
  
| **Scarlet Fever (Scarlatina)** | • Sore throat.  
• Fever.  
• Chills.  
• Vomiting.  
• Headache.  
• Pink- red rash that feels like sandpaper that starts on the upper body and may spread to cover the whole body.  
• “Strawberry tongue” (whitish coating on tongue with bright red patch).  
• By an infected person sneezing or coughing.  
• By contact with the nose or throat secretions of an infected person.  
• Until full 24 hours after a specific antibiotic treatment has been started.  
• If infected person is untreated, infectious period is 10-21 days.  
• Until antibiotic treatment has been taken for a full 24 hours. |
| **Whooping Cough (Pertussis)** | • Severe coughing spells followed by a high-pitched whoop and often vomiting.  
• Mild symptoms in older children, often thought to be a “bad cold”.  
• From 2 weeks before and up to 3 weeks after the onset of cough (if untreated), OR until 5 days after treatment with a specific antibiotic.  
• Until 5 days after treatment with a specific antibiotic.  
• If untreated, for duration of whoop (usually lasting 3 weeks). |
| **Head Lice** | • Itchy feeling on head  
• Feeling something moving on head (small insects)  
• White spots attached to hair close to scalp, behind ears and near neck  
• Sharing hats, headphones, helmets, or just close head to head contact  
• Until the nits and lice are killed and cleared  
• Treatment is complete  
• According to the policy of the facilities including schools, daycare, and after school care. |
| **Norovirus** | • Sudden onset diarrhea, nausea, vomiting, stomach cramps, headache, or low grade fever.  
• Direct contact with infected people.  
• Touching contaminated surfaces eg. Door handles and shopping carts.  
• Contaminated food.  
• Virus can be spread up to 48 hours after client feels better, which can last 24-48 hours.  
• Stay home if ill.  
• If you are a food handler, do not prepare food for others.  
• Further restrictions may include staying home until you are symptom free for 48 hours. |

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