



Common Childhood Illnesses



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.

DISEASE	SYMPTOMS	HOW IT'S SPREAD	INFECTIOUS	EXCLUSION
Chicken Pox	<ul style="list-style-type: none"> Fever Small, fluid filled spots that look like tiny blisters. 	<ul style="list-style-type: none"> By an infected person coughing or sneezing. By touching the fluid in the blisters before the blisters are dry. 	<ul style="list-style-type: none"> 1-2 days before the spots appear up to 6 days after the spots start. 	<ul style="list-style-type: none"> Until feeling well and the blisters are crusted over and dry.
Fifth Disease	<ul style="list-style-type: none"> Mild fever. Aches. Tiredness. Cold-like symptoms. A red face rash "slapped cheeks" appears. Rash may spread to the body. 	<ul style="list-style-type: none"> By contact with the nose and throat secretions of an infected person. The virus can pass from an infected pregnant woman to her unborn baby. 	<ul style="list-style-type: none"> Before the rash appears. Probably not contagious after the rash appears. 	<ul style="list-style-type: none"> Only if not well enough to participate. Exposed pregnant women should contact their doctor.
German Measles (Rubella)	<ul style="list-style-type: none"> Mild fever. Runny nose. Swollen glands. Sometimes followed by a mild red rash. 	<ul style="list-style-type: none"> By an infected person coughing or sneezing. By contact with the nose and throat secretions of an infected person. The virus can pass from an infected pregnant woman to her unborn baby. 	<ul style="list-style-type: none"> From 7 days before until 7 days after the rash first appears. 	<ul style="list-style-type: none"> Until 7 days after the rash first appears. Exposed pregnant women should contact their doctor.
Hand, Foot and Mouth Disease (Coxsackievirus Disease)	<ul style="list-style-type: none"> Fever. Sore throat. Sore(s) in the mouth. May be sore on the gums, tongue, palms fingers and soles of the feet. 	<ul style="list-style-type: none"> By contact with the nose and throat secretions and/or faeces (stool/bowel movement) of an infected person. 	<ul style="list-style-type: none"> While symptoms are present (However, the virus can continue to shed in the stool for weeks). 	<ul style="list-style-type: none"> Only if not well enough to participate.
Impetigo	<ul style="list-style-type: none"> Pus filled pimples that crust over. These are usually located on the face but may be on other parts of the body not covered by clothes (arms and/or legs). 	<ul style="list-style-type: none"> By person to person through direct contact with secretions from the sores of an infected person. 	<ul style="list-style-type: none"> From onset of skin infection until 24 hours after a specific antibiotic has been started. 	<ul style="list-style-type: none"> Until a full 24 hours after antibiotic treatment has been started.
Measles (Red Measles)	<ul style="list-style-type: none"> High fever. Runny nose. Cough. Inflamed eyes. Small red spots with bluish-white centers inside the mouth (Koplik spots). After about 4 days, a bright, red, raised blotchy rash appears. 	<ul style="list-style-type: none"> By an infected person coughing or sneezing. By contact with the nose or throat secretions of an infected person. 	<ul style="list-style-type: none"> From 4 days before onset of symptoms until 4 days after the rash appears. 	<ul style="list-style-type: none"> Until 4 days after the rash first appears.
Mumps	<ul style="list-style-type: none"> Fever. Swollen salivary glands (below the ears). 	<ul style="list-style-type: none"> By an infected person coughing or sneezing. By contact with the nose or throat secretions of an infected person. 	<ul style="list-style-type: none"> From 7 days before until 9 days after the swelling appears. 	<ul style="list-style-type: none"> Until 9 days after the swelling first appears.

Pinkeye (Conjunctivitis)	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> By contact with the eye pus of an infected person. By contact with the nose or throat secretions of an infected person. 	<ul style="list-style-type: none"> For duration of illness or until 24 hours after antibiotic treatment has been started. 	<ul style="list-style-type: none"> Until 24 hours after antibiotic treatment has been started.
Scabies	<ul style="list-style-type: none"> Very itchy rash (mites burrow under the skin and deposit eggs & faeces/poop in black-red bumps). In children over 2 years, the rash is usually on fingers, elbows, armpits and tummy. Younger children may have rash on the entire body. 	<ul style="list-style-type: none"> By touching someone who has scabies. By sharing clothing or bedding of someone who has scabies. By using other personal items of someone who has scabies. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Until the day after one treatment has been applied. Close contacts may also need treatment.
Strep Throat	<ul style="list-style-type: none"> Sore red throat. Fever. Tiredness. Headache. Sores around the mouth, swollen tender glands in the neck. Stomach ache in children. 	<ul style="list-style-type: none"> By an infected person sneezing or coughing. By contact with the nose or throat secretions of an infected person. 	<ul style="list-style-type: none"> Until full 24 hours after a specific antibiotic treatment has been started. If infected person is untreated, infectious period is 10-21 days. 	<ul style="list-style-type: none"> Until antibiotic treatment has been taken for a full 24 hours.
Scarlet Fever (Scarlatina)	<ul style="list-style-type: none"> 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). 	<ul style="list-style-type: none"> By an infected person sneezing or coughing. By contact with the nose or throat secretions of an infected person. 	<ul style="list-style-type: none"> Until full 24 hours after a specific antibiotic treatment has been started. If infected person is untreated infectious period is 10-21 day. 	<ul style="list-style-type: none"> Until antibiotic treatment has been taken for a full 24 hours.
Whooping Cough (Pertussis)	<ul style="list-style-type: none"> Severe coughing spells followed by a high-pitched whoop and often vomiting. Mild symptoms in older children, often thought to be a “bad cold”. 	<ul style="list-style-type: none"> By an infected person sneezing or coughing. By contact with nose or throat secretions of an infected person. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Until 5 days after treatment with a specific antibiotic. If untreated, for duration of whoop (usually lasting 3 weeks).
Head Lice	<ul style="list-style-type: none"> Itchy feeling on head Feeling something moving on head (small insects) White spots attached to hair close to scalp, behind ears and near neck 	<ul style="list-style-type: none"> Sharing hats, headphones, helmets, or just close head to head contact 	<ul style="list-style-type: none"> Until the nits and lava are killed and cleared Treatment is complete 	<ul style="list-style-type: none"> According to the policy of the facilities including schools, daycare, and after school care.
Norovirus	<ul style="list-style-type: none"> Sudden onset diarrhea, nausea, vomiting, stomach cramps, headache, or low grade fever. 	<ul style="list-style-type: none"> Direct contact with infected people. Touching contaminated surfaces eg. Door handles and shopping carts. Contaminated food. 	<ul style="list-style-type: none"> Virus can be spread up to 48 hours after client feels better, which can last 24-48 hours. 	<ul style="list-style-type: none"> 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.

Updated January 2019