



Management of Communicable Diseases

These guidelines, based on those developed by The Canadian Pediatric Society, have been developed to assist parents, schools and day cares to understand the methods of spread and prevention of certain diseases. However it should be remembered that some infected persons might have mild or no symptoms but still be able to spread the disease. Many diseases begin with the same symptoms (e.g.: common cold, chicken pox, whooping cough) and are most infectious in the early course of the illness. Consult with your local Public Health Nurse for further information.

Respiratory and Other Infections

- Prevention:**
- Importance of good handwashing
 - Careful disposal of soiled tissue, diapers etc
 - Cover mouth and nose when coughing, sneezing
 - Immunization if disease is vaccine preventable

Disease	Transmission (Spread)	Symptoms	Infectious Period/ Exclusion
Common Cold	Person to Person by sneezing, coughing. Indirect spread by contaminated hands, objects	Runny nose, sore throat, cough	Infectious from 1 day before to 7 days after onset. Exclusion not necessary unless too ill to take part in activities.
Scarlet fever- caused by Group A Streptococcus bacteria	Person to person by sneezing, coughing, rarely by indirect contact with objects	Rash (feels like sandpaper) most often on the neck, chest, armpits, elbows, groin and thighs. There may be flushing of the cheeks and paleness around the mouth.	Infectious and exclude until 24 hours after treatment has begun <small>- NOT TOY IF > 1 CASE - (HARD) WASH HANDS</small>
Strep throat- caused by Group A Streptococcus bacteria	Person to Person	Fever, sore throat, headache Should see physician as antibiotic treatment may be required	Infectious and exclude until 24 hours after treatment has begun
Conjunctivitis- Pinkeye	Person to Person by direct and indirect contact with discharge from eye	Redness, itching, pain and discharge from the eye Treatment for infection will be needed if pinkeye due to bacteria.	Infectious for duration of illness or until 24 hours after treatment started, exclude only if discharge is pus and then until the antibiotic has been taken for 1 full day.
Mononucleosis-caused by Epstein-Barr virus	Person to person by saliva	Fever, sore throat, enlarged lymph nodes, fatigue, weakness. Can last for several weeks. Any age group can get "mono" but illness most noticeable in young adults.	No exclusion necessary unless too ill to attend school or day care. This is due to the fact that illness is not very infectious and may be shed for a long period

<p>Chicken Pox- varicella zoster virus</p>	<p>Spread person to person via respiratory secretions and to a lesser extent from the fluid in the blisters.</p>	<p>Sudden onset of fever, malaise, rash with small blisters on top, which become crusted and itchy.</p>	<p>Spread of chicken pox occurs mainly before blisters appear by the respiratory route. Exclusion from school, day care not necessary unless too ill to take part in activities. Vaccine preventable</p>
<p>Shingles- herpes zoster</p>	<p>Shingles is a reactivation of the latent virus that causes chickenpox. Spread occurs only from the blister fluid.</p> <ul style="list-style-type: none"> • One cannot get shingles from a case of shingles • Must have had previous chickenpox illness to get shingles • A person can get chicken pox from a case of shingles if they have not had the disease. 	<p>Shingles causes numbness, itching, or severe pain followed by clusters of blister-like lesions in a strip-like pattern on one-side of the body. The pain can persist after the lesions heal.</p>	<p>Slightly infectious from vesicle fluid. No exclusion necessary unless too ill to take part in activities.</p>
<p>Cytomegalovirus- CMV</p>	<p>Person to person by direct contact with body fluids such as blood, urine, or saliva.</p>	<p>Most children have no symptoms when they become infected with CMV and most people eventually become infected. In older children symptoms may include fever, sore throat, enlarged liver and malaise. CMV can be passed from mother to the child before birth and may cause birth defects.</p>	<p>No need for exclusion from child care</p>
<p>Meningitis- may be caused by bacteria, virus or fungus</p>	<p>Spreads person to person by secretions from nose and throat.</p>	<p>Sudden onset of fever, vomiting, loss of energy, headache, stiff neck and back. Viral: is a serious but rarely fatal. Symptoms last 7-10 days and the person recovers completely. Bacterial: Can be serious and result in death or disability if not treated promptly. Close contacts are treated with antibiotics prophylactically.</p>	<p>No exclusion for viral meningitis. Bacterial meningitis cases are not infectious 24 hrs after start of appropriate antibiotics. Contacts of a case do not need to be excluded</p>
<p>Roseola – caused by a human herpes virus</p>	<p>Method of spread unknown at this time, not very infectious</p>	<p>Occurs most often in children 6-24 months. Symptoms begin with a fever which progresses to a rash. The rash is mainly on the face and body and looks like small red spots. Gets better without treatment.</p>	<p>No exclusion necessary unless child too ill to participate in activities</p>
<p>Red Measles</p>	<p>Person to person. Virus present in respiratory secretions</p>	<p>Moderately high fever, cough, runny nose, inflamed eyes for 1 to 3 days before onset of rash. Rash begins as large red spots which join together. The rash starts on the face and spreads to entire body. Must see physician and Public Health notified. Vaccine preventable</p>	<p>Infectious for 2 days before onset of fever and cough until 4 days after onset of rash. Cases are excluded until at least 4 days after onset of rash.</p>

Respiratory Infections Cont'd

Disease	Transmission(Spread)	Symptoms	Infectious Period/ Exclusion
German Measles	Person to person. Virus present in respiratory secretions	Mild fever, sore throat, swollen glands in neck. Rash consists of small red spots, which start on scalp and face and spread rapidly over entire body. Vaccine preventable	Infectious for a few days before onset of rash and 7 days after. Exclude for 7 days after onset of rash
Whooping Cough	Person to person. Bacteria present in respiratory secretions	Begins with cold symptoms and cough progresses to spasms that may result in vomiting. Vaccine preventable	Infectious from onset of runny nose until 3 weeks after onset of spasm- like cough, exclude until 5 days after start of appropriate antibiotics or 3 weeks after onset of cough
Mumps	Person to person. Virus present in respiratory secretions	Fever, Swelling of salivary glands that cause swelling of cheeks and face. Vaccine preventable	Infectious for 7 days before and 9 days after onset of swelling. Exclude for 9 days after onset of swelling.
Hand, Foot + Mouth Disease	Person to person. Virus present in respiratory secretions	May have fever, headache, red spots with small blisters on top may appear especially on hands, feet and inside mouth.	Exclusion not necessary unless too ill to take part in activities. Most infectious before onset of rash and can be excreted in the stool for a period of time
RSV -- Respiratory Syncytial Virus	Person to person. Virus present in respiratory secretions and on contaminated objects or surfaces	Fever, runny nose, cough and sometimes wheezing. Common cause of bronchiolitis and pneumonia in children under 1 year of age.	Infectious until symptoms stop (usually 8 to 15 days) but there is no need for exclusion unless child too ill to attend.
Influenza	Person to person. Virus present in respiratory secretions	Fever, chills, cough, sore throat, headache, muscle aches	Infectious until symptoms stop (3 to 5 days) but there is no need for exclusion unless child too ill to attend.
Fifth's Disease (slapped cheek)	Person to person. Virus present in respiratory secretions	Mild fever, flu-like symptoms, a rash will appear 1 week after onset of symptoms. The rash on the face appears as a 'slapped cheek' and spreads to the rest of the body	Exclusion not necessary unless too ill to take part in activities. Most infectious before onset of rash.

Skin and Scalp

Disease	Transmission(Spread)	Symptoms	Infectious Period/Exclusion
Head Lice	Spread person to person. Requires close direct contact. To a lesser extent spread can occur through sharing of combs, brushes, headgear	Presence of lice and nits in the hair. Scalp itching- usually around the ears or nape of the neck	Exclude until treated, nit removal may be necessary to cure some cases
Scabies	Spread person to person. Requires close direct contact.	Very itchy rash - usually appears on fingers, elbows, armpits, and abdomen. Scabies requires treatment	Infectious until treated. Exclude until treated
Molluscum contagiosum	Person to person by direct contact with the lesions.	Viral skin disease consisting of smooth-surfaced, firm and round papules. Lesions on children are usually on the face, trunk, and upper area of arms and legs.	Treatment with liquid nitrogen or topical applications of salicylic acid. . No exclusion but avoid direct contact with lesions
Ringworm	Spread by direct contact with an infected person or animal, or objects or surfaces contaminated with the fungus	Rash that is flaky and itchy. On the scalp it may leave a flaky patch of baldness and on other areas of the skin the rash is ring like and may itch or burn.	Child excluded until treatment started. The fungus is no longer present when the lesion begins to shrink.
Cold sores- Herpes simplex 1	Direct contact with the sores or saliva of infected person	Fever, runny nose, painful sores on lips or in the mouth	Exclusion of children with simple Herpes simplex is unlikely to control the spread. However consideration may be given to children with open lesions who are biters or droolers or who mouth toys. * Of handwashing and washing toys. Cold sores generally clear up on their own but there are antiviral treatments available. Infectious for 1 week during first infection and 5 days during recurrent cold sores.
Impetigo	Person to person by direct contact	Pustules or crusted rash on face or exposed parts of body (arms and/or legs). Impetigo requires antibiotic treatment prescribed by a physician	Infectious from onset of rash until 1 day after start of treatment with antibiotics, exclude until 1 full day of treatment

Gastrointestinal

- Prevention:**
- Importance of good handwashing- especially after using the bathroom and before preparing food
 - Safe storage and food handling, cooking practices

Disease	Transmission(Spread)	Symptoms	Infectious Period/ Exclusion
E.Coli 0157- 'Hamburger disease'	Undercooked foods, especially ground beef. Bacteria may be found in stool and thus spread person to person by fecal-oral route	Fever, diarrhea, and may have blood in stool, cramps	Exclude until diarrhea is gone, may continue to excrete germ for a period of time
Cryptosporidiosis	Spread by fecal-oral transmission, ingesting contaminated food or water	Watery diarrhea and stomach ache, nausea and vomiting, fever	No treatment recommended except fluids replacement, infectious as long as cysts excreted (several weeks). Exclusion of children until diarrhea stops.
Salmonella	Acquired mainly from improperly prepared food, eggs, poultry, beef, unpasteurized milk, can also be spread person to person	Diarrhea, fever, occasionally blood in stool	Exclude until diarrhea is gone, may continue to excrete germ for a period of time
Shigella	Person to person spread, Contaminated food and water	Diarrhea, fever, blood and mucous in stool	Exclude until diarrhea is gone, and negative stool cultures may be necessary due to highly infectious germ
Campylobacter	Undercooked chicken, pork, raw milk, contaminated water, contact with infected pets	Diarrhea, fever	Exclude until diarrhea is gone, may continue to excrete germ for a period of time
Giardia- 'Beaver fever'	Parasite in stool. Person to person spread. Ingestion of water contaminated with feces.	Diarrhea, cramps, excessive gas Do not drink water from unfiltered lakes and streams without treating appropriately.	Exclude until diarrhea is gone, may require treatment
Hepatitis A	Virus in stool. Person to person spread (fecal - oral) and from contaminated food and water.	May have fever, loss of appetite, nausea, vomiting, and jaundice. Most children may have no symptoms. Immune globulin may be given to close contacts of cases	Exclude for 1 week after onset of jaundice
Rotavirus	Person to person	Fever and vomiting precede watery diarrhea	Exclude until diarrhea is gone

Pinworms	Eggs of the parasite (worm) are spread from person to person by contaminated hands. Eggs can survive for several weeks outside the body	itching around the anus or vagina (many children have no symptoms) Pinworms require medication prescribed by a physician.	Treatment prescribed by a physician may be necessary, exclusion not needed
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Sexually Transmitted Diseases

Disease	Transmission (Spread)	Symptoms	Infectious Period/ Exclusion
Chlamydia	By sexual contact with an infected partner.	Females: - discharge, itching, difficulty urinating, pelvic pain (more than 70% may not have symptoms). Males: discharge, itching, and difficulty urinating, (more than 50% may not have symptoms)	Infected until treated with Azithromycin, 1 gram given immediately
Gonorrhea	By sexual contact with an infected partner.	Same symptoms as Chlamydia, but more noticeable and pronounced. (More than 50% of males and females may not have symptoms.)	Infected until treated with Cefixime, 400 mg given immediately

Bloodborne

Disease	Transmission (Spread)	Symptoms	Infectious Period/ Exclusion
HIV	By contact with infected blood (sharing needles, blood transfusions), Unprotected sexual intercourse with infected person, mother to baby before or during birth.	Failure to gain weight, diarrhea, persistent infections, pneumonia	May be infectious for life, no need to exclude
Hepatitis B	By contact with infected blood (sharing needles, blood transfusions), Unprotected sexual intercourse with infected person, mother to baby before or during birth.	May show no symptoms, may cause liver disease Vaccine preventable	May be infectious for life, no need to exclude
Hepatitis C	By contact with infected blood (sharing needles, blood transfusions)	May show no symptoms, may cause liver disease	May be infectious for life, no need to exclude