

# COMMON CHILDHOOD ILLNESSES AND INFECTIONS

Reportable illnesses are highlighted in red; Contact Public Health with reportable illnesses and any suspect outbreaks (10% absenteeism)

Reportable requirements and information contained in this document are subject to change.

Please click on the fact sheets hyperlinks for most up-to-date information.

Disease	How to Recognize	How it Spreads	Infectious Period	Exclusion / Report
Chicken Pox (varicella virus) <a href="#">Fact sheet CPS</a> <a href="#">Fact sheet DHW</a>	<ul style="list-style-type: none"> <li>♦ Fever, tiredness, and an itchy rash that starts as fluid filled blisters that drain and scab over.</li> <li>♦ Symptoms appear 2-3 weeks after exposure.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Virus gets in your body through your nose and mouth.</li> <li>♦ Most commonly spread through the air (inhaled) but also through contact with fluid from the blisters.</li> <li>♦ Virus can remain in the air for several hours.</li> </ul>	<ul style="list-style-type: none"> <li>♦ 1-2 days prior to rash and Until all blisters have completely crusted over.</li> </ul>	<ul style="list-style-type: none"> <li>♦ No recommended exclusion.</li> <li>♦ Children can attend school as long as they feel well enough to participate in regular activities.</li> </ul>
<b>Diarrhea and Vomiting (Norovirus)</b> <a href="#">Fact sheet DHW</a> <a href="#">Fact sheet NSE</a>	<ul style="list-style-type: none"> <li>♦ Unwell with nausea, vomiting, and diarrhea.</li> <li>♦ Can have fever, chills, fatigue, body aches and headache.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Virus spreads from person to person through contact with stool or vomit.</li> <li>♦ The virus can live on surfaces such as desks and door handles for weeks.</li> <li>♦ Good handwashing is essential to prevent the spread.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Person is Infectious when they are experiencing symptoms (vomiting and/or diarrhea).</li> <li>♦ May continue to shed the virus in their stool for a few weeks after they are feeling better.</li> </ul>	<ul style="list-style-type: none"> <li>♦ <b>Report all suspected outbreaks to Public Health (for example, 10% absenteeism or greater than three cases in the same classroom in a 4 day period)</b></li> <li>♦ Ill child or staff should not return to school until 48 hours after their last symptom.</li> </ul>
Ear Infections <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Earache, fever, and possibly other cold symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Can be caused by viruses and bacteria.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Not infectious</li> </ul>	<ul style="list-style-type: none"> <li>♦ No recommended exclusions</li> </ul>

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Fifth Disease (Parvovirus B19) <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Usually begins with very mild cold symptoms and a very red rash on your cheeks.</li> <li>♦ 1-4 days later, a lace-like red rash will appear on the trunk and arms of the person before spreading to the rest of their body.</li> <li>♦ Symptoms appear 4-20 days after exposure.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Virus can be in the air from other infected people coughing and sneezing.</li> <li>♦ You can also pick up the virus from having contact with someone who is infected or by touching objects handled by an infected person.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Infectious before the onset of the rash only.</li> <li>♦ Cannot spread the virus once the rash is present.</li> </ul>	<ul style="list-style-type: none"> <li>♦ No recommended exclusions</li> </ul>
Hand, Foot and Mouth Disease (Coxsackie) <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Usually mild illness: fever, sore throat, headache, loss of appetite, tiredness, vomiting and/or diarrhea, painful sores in the mouth, and red spots/blisters on hands, feet, and buttocks.</li> <li>♦ Symptoms appear 3-5 days after exposure.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Virus spread through contact with an infected persons stool and saliva.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Most infectious during the first week of illness.</li> <li>♦ Virus can be passed in the stool of an infected person for up to 4 weeks.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Child should stay home from school and childcare if they have symptoms</li> </ul>
Head Lice <a href="#">Head lice pamphlet DHW</a> <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Itchy scalp</li> <li>♦ Presence of nits (eggs) or lice in hair.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Direct hair-to-hair contact.</li> <li>♦ Sharing items such as hats, combs, brushes, costumes, and headphones.</li> <li>♦ Lice cannot jump or live on pets.</li> </ul>	<ul style="list-style-type: none"> <li>♦ This is not an infection; it is an Infestation.</li> <li>♦ Can be passed on to other people as long as live lice are still present.</li> <li>♦ Lice die when not on a persons scalp for 2-3 days.</li> </ul>	<ul style="list-style-type: none"> <li>♦ No Recommended Exclusion Refer to ccrce head lice policy <a href="https://www.ccrce.ca/head-lice-guidelines-parents">https://www.ccrce.ca/head-lice-guidelines-parents</a></li> <li>♦ Follow specific treatment plan outlined in the DHW pamphlet.</li> <li>♦ Pesticidal Treatment (recommended)</li> </ul>

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Impetigo <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Red bumps or blisters that appear in a cluster around the nose, mouth, and/or other exposed skin surfaces.</li> <li>♦ Blisters may be wet from draining or have a honey-colored crust over them.</li> <li>♦ Symptoms appear usually 7-10 days after exposure.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Directly touching the rash.</li> <li>♦ Touching objects that are contaminated by the germs such as clothing, bedsheets, etc....</li> </ul>	<ul style="list-style-type: none"> <li>♦ From onset of the rash until 24 hours after antibiotic treatment has been started.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Child should stay home until 24 hours after starting treatment (antibiotic).</li> </ul>
Influenza <a href="#">Fact sheet CPS</a> <a href="#">Fact sheet DHW</a>	<ul style="list-style-type: none"> <li>♦ Sudden fever, chills, muscle aches, fatigue, headache and a sore throat.</li> <li>♦ Nausea, vomiting, and abdominal pain is common in children with the flu.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Direct contact with a person infected with the virus.</li> <li>♦ Contact with objects that are contaminated (indirect contact).</li> <li>♦ Droplets from the sneezes and coughs of an infected person.</li> </ul>	<ul style="list-style-type: none"> <li>♦ In adults, most infectious 3-5 days from onset of symptoms.</li> <li>♦ In children, infectious period can be extended to 7-10 days.</li> </ul>	<ul style="list-style-type: none"> <li>♦ No recommended exclusions; follow school policy. Many children with influenza are very unwell and unable to participate in daily routines.</li> </ul>
<b>Meningitis</b> (caused by Bacteria and viruses) <a href="#">Fact sheet DHW</a>	<ul style="list-style-type: none"> <li>♦ Fever, headache, stiff neck, changes in level of consciousness, nausea, vomiting, and sometimes the development of a small purplish rash on the upper body.</li> <li>♦ Symptoms usually appear 2-10 days after exposure if caused by bacteria. Onset varies with viral depending on which virus is the responsible.</li> </ul>	<ul style="list-style-type: none"> <li>♦ <b>Bacterial:</b> Directly coming into contact with secretions from an infected persons nose or mouth: kissing and sharing drinks, smokes, toothbrushes and eating utensils.</li> <li>♦ <b>Viral:</b> Depends on which virus is causing the meningitis; viral meningitis is a complication that can occur from other viral illnesses.</li> </ul>	<ul style="list-style-type: none"> <li>♦ <b>Bacterial</b> - infectious 7 days before onset of symptoms until person has been on an appropriate antibiotic for 24 hours.</li> <li>♦ <b>Viral</b> – Depends on which virus is causing the illness.</li> </ul>	<ul style="list-style-type: none"> <li>♦ <b>Bacterial Meningitis is reportable to Public Health. If unsure a student has bacterial or viral meningitis, contact Public Health for support. Public Health will advise when exclusions are necessary.</b></li> </ul>

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<b>Measles</b> <a href="#">Fact sheet DHW</a> <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Fever, nose congestion, red watery eyes that are sensitive to light, cough, red rash on face and head that spreads over the rest of the body, and small white spots inside the mouth are sometimes visible.</li> <li>♦ Rash usually lasts 4-7 days.</li> <li>♦ Symptoms appear 7-18 days after exposure.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Very easily spread through the air when someone infected with measles coughs or sneezes.</li> <li>♦ Also spread through secretions from the nose and throat.</li> </ul>	<ul style="list-style-type: none"> <li>♦ From 4 days before the rash to 4 days after it started.</li> <li>♦ 20% of cases develop serious complications.</li> </ul>	<ul style="list-style-type: none"> <li>♦ <b>Report to Public Health.</b></li> <li>♦ Unwell person should be excluded from school/work until no longer infectious; 4 days after the rash started.</li> <li>♦ Measles infections that occur during pregnancy can result in miscarriage, premature labour, and low birth weight infants.</li> </ul>
Mononucleosis (Epstein-Barr virus) <a href="#">Fact sheet CDC</a>	<ul style="list-style-type: none"> <li>♦ Fever, swollen glands, sore throat, fatigue, and an enlarged spleen.</li> <li>♦ Occasional yellowing of the skin can be seen.</li> <li>♦ 50% of those infected with mono show no symptoms.</li> <li>♦ Symptoms appear 4-6 weeks after exposure.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Direct contact with saliva of an infected person.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Infectious period can be up to a year.</li> </ul>	<ul style="list-style-type: none"> <li>♦ No recommended exclusions</li> </ul>
<b>Mumps</b> <a href="#">Fact sheet DHW</a> <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Fever, headaches, muscle aches, and swelling of the salivary glands around the jaw.</li> <li>♦ Swelling and pain increases over 1-3 days.</li> <li>♦ teenage and adult males may develop swollen and tender testicles.</li> <li>♦ Symptoms appear 12-25</li> </ul>	<ul style="list-style-type: none"> <li>♦ Direct contact with saliva or secretions from the nose and throat.</li> </ul>	<ul style="list-style-type: none"> <li>♦ From a few days before the person developed symptoms to 5 days after they became unwell.</li> </ul>	<ul style="list-style-type: none"> <li>♦ <b>Report to Public Health</b></li> <li>♦ Due to potential serious complications, those infected with this virus must stay home for 5 days after their symptoms started.</li> <li>♦ Mumps infections that occur during pregnancy can result in miscarriage, premature labour, and low birth weight infants.</li> </ul>

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Pink eye <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Whites of eyes become red or pink in color, excessive tearing, eyes feel scratchy, and pus may be present.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Direct and indirect contact with eye drainage (touching the eye fluid or objects that are contaminated with it.</li> <li>♦ Droplets from coughing or sneezing.</li> </ul>	<ul style="list-style-type: none"> <li>♦ While symptomatic.</li> </ul>	<ul style="list-style-type: none"> <li>♦ No exclusion for viral infections.</li> <li>♦ If caused by bacteria, student should stay home from school until they have been on the antibiotics for 24 hours.</li> </ul>
Pinworms <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Small white worms that live in the rectum.</li> <li>♦ Worms come out at night to lay eggs around the anal area causing itchiness in some people.</li> <li>♦ Symptoms start 1-2 months from exposure.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Eggs are transferred to other people through contaminated hands and objects. The eggs are ingested allowing the worm to live inside the new host.</li> <li>♦ Eggs can live 2 weeks on objects.</li> </ul>	<ul style="list-style-type: none"> <li>♦ As long as eggs are present.</li> </ul>	<ul style="list-style-type: none"> <li>♦ No recommended exclusions</li> </ul>
Scabies <a href="#">Fact Sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ Tiny insects (mites) that burrow into the skin and lay eggs.</li> <li>♦ 2-6 weeks after exposure a small red bumpy rash develops between fingers, toes, and in the area around the groin, wrist and elbows. Rash can be present anywhere on the body and itchy (especially at night).</li> </ul>	<ul style="list-style-type: none"> <li>♦ Close contact with the skin of someone with the mites.</li> <li>♦ Can live on objects (clothing and bedding) for up to 3 days.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Infectious until treated.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Child can return to school after first treatment has been applied.</li> </ul>
Strep throat (Group A Streptococcus) <a href="#">Fact sheet CPS</a>	<ul style="list-style-type: none"> <li>♦ 1-3 days after exposure a person develops a sore throat, fever, trouble swallowing, and swollen / tender nodes around the neck. Possible nausea and</li> </ul>	<ul style="list-style-type: none"> <li>♦ Direct contact with saliva or nose secretions.</li> <li>♦ Droplets in the air from a person coughing and sneezing.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Infectious until one day after antibiotics have started.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Child can return to school after taking antibiotics for 24 hours.</li> </ul>

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Sources used for this chart include the following:

- Canadian Pediatric Society (CPS) / <http://www.caringforkids.cps.ca/>
- Nova Scotia Environment (NSE) / <http://novascotia.ca/agri/programs-and-services/food-protection/factsheets-publications/>
- Department of Health and Wellness Nova Scotia (DHW) / <http://novascotia.ca/dhw/cdpc/cdc/general-information-sheets.asp>
- Centers for Disease Control and Prevention / <https://www.cdc.gov/>
- Control of Communicable Diseases manual, 20<sup>th</sup> edition. David L. Heymann 2015