

★ **These are designated Reportable Diseases.** Please call the Health Unit (Department of Clinical Services) to report Name, Birthdate, Onset of Symptoms

Illness	How it Spreads	How to Recognize	When it is Contagious	When to Report/ Exclude
Chicken Pox <i>(varicella virus)</i>	<ul style="list-style-type: none"> contact with blister fluid or airborne from secretions of the nose or mouth mother to fetus (consult physician if not immune) 	<ul style="list-style-type: none"> begins with fever, fatigue, loss of appetite 1 to 2 days later, a red rash appears on body that turns into fluid filled blisters which crust over in 3 to 4 days; new spots appear over next 2 to 3 days 	<ul style="list-style-type: none"> most infectious 1-2 days before rash starts and contagious until blisters crust over, usually 5 days <i>incubation period*</i> 2-3 weeks 	<ul style="list-style-type: none"> report to Health Unit by next working day child to be excluded if fever present and not well enough to participate in regular activities recommended that child stay at home until blisters crusted over (if possible)
Diarrhea and Vomiting Gastroenteritis <i>(norwalk, rotavirus)</i>	<ul style="list-style-type: none"> fecal-oral (hand-to-mouth)* 	<ul style="list-style-type: none"> vomiting, diarrhea (unformed or watery stool), fever, loss of appetite, stomach pain, fatigue, headache 	<ul style="list-style-type: none"> while diarrhea and/or vomiting is present and up to 48 hours after diarrhea and/or vomiting stops <i>incubation period*</i> approximately 24-72 hours 	<ul style="list-style-type: none"> report outbreaks within daycare to Health Unit immediately if 2 or more children within 24 hours exclude for 48 hours after symptoms stop
Ear Infection Otitis Media	<ul style="list-style-type: none"> usually follows a cold (viral upper respiratory infection) bottle propping can increase risk for ear infection 	<ul style="list-style-type: none"> if related to a cold – may have a runny nose, cough, sneezing and fever; may complain of a painful ear or tug on ear infants may become irritable and fussy 	<ul style="list-style-type: none"> not infectious 	<ul style="list-style-type: none"> no exclusion required if well enough to participate in regular activities child may need antibiotic treatment
Fifth Disease <i>(parvovirus B19)</i>	<ul style="list-style-type: none"> contact with secretions from the nose and mouth blood and blood products mother to fetus 	<ul style="list-style-type: none"> many children infected do not become ill may have fever, fatigue, headache, followed by a very red rash on cheeks that looks as if child has been slapped; 1 to 4 days later, a red lace-like rash appears on body; rash may come and go over next 1 to 3 weeks 	<ul style="list-style-type: none"> before onset of rash no longer contagious once rash appears <i>incubation period*</i> 4-20 days 	<ul style="list-style-type: none"> no exclusion required if well enough to participate in regular activities may be more serious in pregnant women and if a child has a chronic form of anemia; should consult with physician for advice
Hand, Foot & Mouth Disease <i>(coxsackie virus)</i>	<ul style="list-style-type: none"> airborne or contact with secretions from the nose and mouth fecal-oral (hand-to-mouth)* due to improper hand washing 	<ul style="list-style-type: none"> sudden onset of mild fever, sore throat, then loss of appetite and lack of energy small blister-like sores on hands, feet and inside mouth 	<ul style="list-style-type: none"> 1 to 2 weeks after onset of illness, sometimes longer (virus remains in stool for several weeks) <i>incubation period*</i> 3-5 days 	<ul style="list-style-type: none"> no exclusion required if well enough to participate in regular activities
Impetigo <i>(staphylococcal or streptococcal)</i>	<ul style="list-style-type: none"> usually follows a scrape or an insect bite contact with fluid from blisters 	<ul style="list-style-type: none"> rash with a cluster of red bumps or blisters around the mouth or nose, or exposed parts of skin; may ooze or be covered by a honey-coloured crust 	<ul style="list-style-type: none"> from onset of rash until healed or until 24 hours after start of antibiotic maintain good hand washing after touching infected skin 	<ul style="list-style-type: none"> exclude until 24 hours after antibiotic treatment begins or until blisters are healed
Influenza	<ul style="list-style-type: none"> airborne or contact with secretions from the nose and mouth 	<ul style="list-style-type: none"> fever, chills, cough, muscle aches, sore throat, runny nose, headache, fatigue 	<ul style="list-style-type: none"> 1 day before onset of symptoms and up to 7 days after in children and 5 days in adults <i>incubation period*</i> 1-3 days 	<ul style="list-style-type: none"> report to Health Unit immediately exclude children for 7 days after diagnosis
Measles <i>(measles virus)</i>	<ul style="list-style-type: none"> airborne or contact with secretions from the nose and mouth 	<ul style="list-style-type: none"> fever, cough, runny nose, red eyes for 1 to 3 days before onset of rash rash appears on face as large red spots often joined together and then spread over entire body 	<ul style="list-style-type: none"> 4 days before onset of rash until 4 days after highly contagious <i>incubation period*</i> 7-18 days; rarely 19-21 days 	<ul style="list-style-type: none"> report to Health Unit immediately exclude for at least 4 days after onset of rash; contacts with no immunization or history of measles, exclude for 21 days
Meningitis – Bacterial <i>(N.meningitides, S. pneumoniae, Haemophilus influenza B)</i>	<ul style="list-style-type: none"> occurs most often in children <2 yrs of age contact with secretions from the nose and mouth 	<ul style="list-style-type: none"> suspect meningitis in a young child who has an illness with fever & change in behaviour begins with fever, then unusual sleepiness or listlessness, irritability, vomiting and stiff neck; <18 months old: bulging fontanelle 	<ul style="list-style-type: none"> until 24 hours after starting antibiotics <i>incubation period*</i> depends on affecting bacteria; <i>N.meningitidis</i> 2-10 days 	<ul style="list-style-type: none"> report to Health Unit immediately exclude according to advice from Health Unit
Meningitis – Viral <i>(enteroviruses most common)</i>	<ul style="list-style-type: none"> complication from a viral illness most enteroviruses are fecal-oral (hand-to-mouth)* due to improper hand washing 	<ul style="list-style-type: none"> fatigue, fever, headache, stiff neck, nausea, vomiting, poor appetite 	<ul style="list-style-type: none"> very few children infected with these viruses develop viral meningitis period of communicability depends on affecting virus 	<ul style="list-style-type: none"> report to Health Unit immediately exclude according to advice from Health Unit
Mononucleosis <i>(Epstein-Barr virus)</i>	<ul style="list-style-type: none"> contact with infected saliva kissing or sharing beverages can facilitate spread among young adults 	<ul style="list-style-type: none"> 50% of people have no symptoms fatigue, fever, headache, sore throat, swollen glands, enlarged spleen 	<ul style="list-style-type: none"> not highly infectious; can persist for a year or more after infection <i>incubation period*</i> 4-6 weeks 	<ul style="list-style-type: none"> no exclusion required; consult physician about avoiding contact sports until full recovery
Mumps Infectious parotitis <i>(mumps virus)</i>	<ul style="list-style-type: none"> airborne or contact with secretions from the nose and mouth 	<ul style="list-style-type: none"> fever, swelling and tenderness in face/ jaw, inflammation of testicles often no symptoms 	<ul style="list-style-type: none"> from 7 days before to 9 days after onset of swollen glands <i>incubation period*</i> about 14-25 days 	<ul style="list-style-type: none"> report to Health Unit immediately exclude until 9 days after onset of swollen glands; contacts with no immunization or history of mumps, exclude for 25 days
Pink Eye Conjunctivitis <i>(bacterial/viral)</i>	<ul style="list-style-type: none"> contact with eye secretions through contaminated fingers or articles, e.g., wash cloth, towel 	<ul style="list-style-type: none"> redness in whites of eye, scratchy feeling or pain in eye viral-watery discharge bacterial-yellowish discharge, eyelids often stick together 	<ul style="list-style-type: none"> bacterial-during course of active infection; viral-assume contagious until diagnosed <i>incubation period*</i> 24-72 hrs 	<ul style="list-style-type: none"> exclude until diagnosed; if bacterial, exclude for 24 hours after start of antibiotic; consult physician as viral infection not easy to distinguish from bacterial
Rubella German measles <i>(rubella virus)</i>	<ul style="list-style-type: none"> contact with secretions from the nose and mouth 	<ul style="list-style-type: none"> mild fever, swollen glands in the neck and behind ears, sore joints; rash (small red spots) may affect fetus if infection occurs in pregnancy 	<ul style="list-style-type: none"> 1 week before to 1 week after onset of rash <i>incubation period*</i> about 14-21 days 	<ul style="list-style-type: none"> report to Health Unit immediately exclude for 7 days after onset of rash; contacts with no immunization or history of rubella, including women planning pregnancy or pregnant, exclude for 21 days
RSV <i>(respiratory syncytial virus)</i>	<ul style="list-style-type: none"> contact with secretions from the nose and mouth virus can live on surfaces/toys for >24 hours 	<ul style="list-style-type: none"> productive cough, mild to moderate nasal congestion and runny nose; may have low grade fever in the early stage 	<ul style="list-style-type: none"> usually 3-8 days, may be up to 3-4 weeks in infants <i>incubation period*</i> 3-5 days 	<ul style="list-style-type: none"> no exclusion required if well enough to participate in regular activities
Strep Throat/Scarlet Fever <i>(group A streptococci)</i>	<ul style="list-style-type: none"> contact with secretions from the nose and mouth 	<ul style="list-style-type: none"> may have fever, very sore throat, headache, stomach ache, swollen glands, vomiting, flushed cheeks, fine red rash on body that feels like sandpaper 	<ul style="list-style-type: none"> 10-21 days or until 24 hours after starting antibiotics <i>incubation period*</i> 1-3 days 	<ul style="list-style-type: none"> report to Health Unit if 2 or more cases occur within 1 month exclude until 24 hours after start of antibiotics or if untreated, exclude 21 days
Whooping Cough <i>(bordetella pertussis)</i>	<ul style="list-style-type: none"> sharing close airspace (<1 metre) or contact with secretions from nose & mouth <p>* fecal-oral (hand-to-mouth) = germs in feces (poop) spread to another person's mouth usually through unclean hands</p>	<ul style="list-style-type: none"> runny nose followed by persistent repetitive cough ending in gagging / vomiting (may not have characteristic "whoop"); fever is rare infants <1 yr, women in third trimester and their families exposed should receive antibiotics for prevention 	<ul style="list-style-type: none"> 21 days after onset of cough or 5 days after start of antibiotics <i>incubation period*</i> 6-20 days <p>* incubation period = time between contact with disease and start of symptoms</p>	<ul style="list-style-type: none"> report to Health Unit immediately exclude until infected person has received at least 5 days of antibiotic treatment; if untreated, exclude 21 days