



This is intended as a general guide. Consult a health care provider for diagnosis and for recommendations or advice. Notify the Leeds, Grenville and Lanark District Health Unit if there is a higher than usual number of cases of any disease.

# CHILDHOOD DISEASES

★ **Designated Reportable Diseases** - Click here for the [Reportable Disease Form](#) or call the Health Action Line 1-800-660-5853

Illness	How it Spreads	How to Recognize	When it is Contagious	When to Report/Exclude
<b>Chickenpox</b> ★ (varicella virus) This disease is vaccine preventable. <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with blister fluid or saliva of an infected person</li> <li>can also spread through the air; enters the body through the nose or mouth</li> <li>a pregnant woman can pass it on to her baby before birth</li> </ul>	<ul style="list-style-type: none"> <li>begins with a fever, then an itchy red rash develops and quickly turns into fluid filled blisters</li> <li>blisters dry and scab over usually within 5 days</li> </ul>	<ul style="list-style-type: none"> <li>usually 1-2 days before the appearance of rash and until all blisters are crusted over; usually 5 days</li> <li>incubation period *2-3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>for schools, report to the health unit via health unit's Chickenpox and Influenza-Like Illness (ILI) reporting form</li> <li>child can return to school when fever is gone and child feels well enough to participate in normal activities (regardless of the state of rash)</li> <li>pregnant and immunocompromised individuals should be informed of possible exposure and advised to consult with a health care provider</li> </ul>
<b>Diarrhea and Vomiting</b> ★ <i>Gastroenteritis</i> (norovirus, rotavirus) <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>germs are found in vomit and stool (poop) of an infected person and can spread to another person's mouth usually through unclean hands</li> </ul>	<ul style="list-style-type: none"> <li>vomiting, diarrhea (unformed or watery stool), fever, loss of appetite, stomach pain, fatigue, headache</li> </ul>	<ul style="list-style-type: none"> <li>while diarrhea and/or vomiting are present and up to 48 hours after symptoms stop</li> <li>incubation period *24-72 hours</li> </ul>	<ul style="list-style-type: none"> <li>report outbreaks in daycare settings immediately if 2 or more children are ill within 24 hours</li> <li>exclude for 48 hours after symptoms have stopped</li> </ul>
<b>Ear Infection</b> <i>Otitis Media</i> (bacterial or viral) <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>usually follows a cold (viral upper respiratory infection)</li> <li>sometimes germs travel from the throat to the ear through a damaged Eustachian tube (connects the ear to the throat)</li> </ul>	<ul style="list-style-type: none"> <li>if related to a cold, may have runny nose, cough, sneezing, or fever</li> <li>complaints of painful ear, tugging on the ear, irritability (especially infants)</li> </ul>	<ul style="list-style-type: none"> <li>not usually contagious, however if fluid is draining from the ear it may contain germs</li> <li>always wash hands thoroughly to prevent the spread of germs</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required if well enough to participate in regular activities</li> <li>may require antibiotic treatment</li> </ul>
<b>Fifth Disease</b> (parvovirus B19) <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with secretions from the nose and mouth of an infected person (i.e. sneezing)</li> <li>can spread from a pregnant woman to her unborn child</li> </ul>	<ul style="list-style-type: none"> <li>low grade fever, headache, cold-like symptoms, stomach upset, red rash on cheeks</li> <li>after 1-4 days a lace-like rash appears on the body; the rash can last up to 3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>a few days before the rash starts; once the rash appears, the virus is no longer contagious</li> <li>incubation period *4-20 days</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required if child feels well enough to participate in activities</li> <li>If you are pregnant and your child becomes ill with fifth disease or you have had an exposure to someone with fifth disease, call your health care provider</li> </ul>
<b>Hand, Foot &amp; Mouth Disease</b> (coxsackie virus) <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with secretions from the nose and mouth of an infected person (i.e. sneezing)</li> <li>germs are also found in stool (poop) of an infected person and can spread to another person's mouth usually through unclean hands</li> </ul>	<ul style="list-style-type: none"> <li>fever, headache, sore throat, loss of appetite, lack of energy, vomiting and/or diarrhea, small painful ulcers in the mouth, skin rash with small blisters on hands, feet, and buttocks</li> </ul>	<ul style="list-style-type: none"> <li>most contagious during the first week of illness</li> <li>virus can be present in stool for up to 4 weeks after start of illness; always wash hands thoroughly to prevent the spread of germs</li> <li>incubation period *3-5 days</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required if well enough to participate in regular activities</li> </ul>
<b>Impetigo</b> (staphylococcal bacteria or streptococcal bacteria) <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>usually follows a scrape or an insect bite</li> <li>contact with rash; contact with bedding, towels, or clothing that have touched an infected person's skin</li> </ul>	<ul style="list-style-type: none"> <li>rash with a cluster of red bumps or blisters around the mouth, nose, or other exposed parts of the skin</li> <li>may ooze or be covered by a honey-colored crust</li> </ul>	<ul style="list-style-type: none"> <li>from onset of rash until 24 hours after the start of antibiotic</li> <li>maintain good hand washing after touching infected skin</li> </ul>	<ul style="list-style-type: none"> <li>exclude for 24 hours after the start of antibiotics or until rash is healed</li> </ul>
<b>Influenza</b> ★ (virus) This disease is vaccine preventable. <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing)</li> <li>contact with objects (i.e. surfaces, toys, doorknobs) exposed to droplets from an infected person</li> </ul>	<ul style="list-style-type: none"> <li>sudden fever, chills, headache, fatigue, muscle aches, cough, and sore throat</li> <li>children may also have upset stomach, vomiting, diarrhea, ear aches, and red eyes</li> </ul>	<ul style="list-style-type: none"> <li>24 hours before and up to 7-10 days after symptoms begin (for children)</li> <li>incubation period *1-3 days</li> </ul>	<ul style="list-style-type: none"> <li>for schools, report to the health unit via health unit's Chickenpox and Influenza-Like Illness (ILI) reporting form</li> <li>exclude until fever is absent for at least 24 hours (with no over the counter medications) and the child feels well enough to participate in regular activities</li> </ul>
<b>Measles</b> ★ (measles virus) This disease is vaccine preventable. <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person</li> <li>can also spread through the air (i.e. coughing, sneezing, talking) or contamination of surfaces (the virus can remain active in the air or on surfaces for at least 2 hours)</li> </ul>	<ul style="list-style-type: none"> <li>fever, runny nose, cough, drowsiness, irritability and red eyes (usually begins 7-18 days after exposure), small white spots on the inside of the mouth and throat</li> <li>in a few days a blotchy red rash appears on the face and progresses down the body</li> </ul>	<ul style="list-style-type: none"> <li>measles is highly contagious</li> <li>usually 4 days before and up to 4 days after rash begins</li> <li>incubation period *7-18 days from exposure to onset of fever</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude for at least 4 days after start of rash</li> <li>contacts of case with no history of immunization or measles infection should be excluded for 21 days</li> </ul>
<b>Meningitis</b> ★ This disease is vaccine preventable and is caused by bacteria or viruses. <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>Bacterial: direct contact with secretions from nose or throat of an infected person (sharing dishes, toothbrushes, mouth guards)</li> <li>Viral: complication from a viral illness; germs in stool (poop) of an infected person can spread to another person's mouth through unclean hands</li> </ul>	<ul style="list-style-type: none"> <li>fever, fatigue, drowsiness, reduced consciousness, irritability, fussiness, agitation, severe headache, vomiting, stiff neck, pain when moving head or neck, joint pain, skin rash, seizures</li> </ul>	<ul style="list-style-type: none"> <li>Bacterial: 7 days before symptoms begin to 24 hours after the start of appropriate antibiotics; incubation period depends on affecting bacteria</li> <li>Viral: period of contagiousness depends on affecting virus</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>Bacterial: exclude for at least 24 hours after the start of appropriate antibiotics</li> <li>Viral: exclusion may depend on the virus that is identified; consult with health unit</li> </ul>
<b>Mononucleosis</b> (Epstein-Barr virus) <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>spreads person-to-person through saliva (i.e. kissing, sharing beverages)</li> </ul>	<ul style="list-style-type: none"> <li>50% of people have no symptoms</li> <li>fever, sore throat, fatigue, swollen glands, enlarged spleen</li> </ul>	<ul style="list-style-type: none"> <li>not highly contagious; can persist for a year or more after infection</li> <li>incubation period *4-6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required; consult physician about avoiding contact sports until fully recovered</li> </ul>
<b>Mumps</b> ★ <i>Infectious Parotitis</i> (mumps virus) This disease is vaccine preventable. <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person</li> <li>contact with objects that have been exposed to droplets or saliva from an infected person</li> </ul>	<ul style="list-style-type: none"> <li>fever, swelling and tenderness of one or more salivary glands</li> </ul>	<ul style="list-style-type: none"> <li>7 days before and up to 5 days after onset of swollen glands</li> <li>incubation period *12-25 days</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude for 5 days after onset of swollen glands</li> </ul>
<b>Pink Eye (Conjunctivitis)</b> (bacterial/viral) <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with eye secretions through contaminated fingers or articles (i.e. wash cloths or towels)</li> <li>when pink eye is caused by a cold the droplets from a sneeze or cough can also spread it</li> </ul>	<ul style="list-style-type: none"> <li>redness in whites of eye, scratchy feeling or pain in eye</li> <li>watery or yellowish discharge; eyelids often stick together</li> </ul>	<ul style="list-style-type: none"> <li>assume contagious until diagnosed</li> <li>incubation period *24-48 hours</li> </ul>	<ul style="list-style-type: none"> <li>exclude until child has seen a doctor</li> <li>for bacterial causes, exclude for 24 hours after the start of appropriate antibiotic</li> </ul>
<b>Rubella</b> ★ <i>German Measles</i> (rubella virus) This disease is vaccine preventable. <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person</li> <li>may affect fetus if infection occurs in pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>mild fever, headache, fatigue, runny nose, red eyes, rash (small red spots)</li> </ul>	<ul style="list-style-type: none"> <li>1 week before and at least 4 days after the rash begins</li> <li>incubation period *14-21 days</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude for 7 days after rash begins</li> <li>pregnant contacts should be advised to consult with their doctor promptly</li> </ul>
<b>Strep Throat/Scarlet Fever</b> (group A streptococcus bacteria) <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing)</li> </ul>	<ul style="list-style-type: none"> <li>fever, very sore throat, headache, swollen glands, trouble swallowing, nausea, sore stomach</li> <li>if scarlet fever, can have sandpaper-like rash</li> </ul>	<ul style="list-style-type: none"> <li>10-21 days or until 24 hours after starting appropriate antibiotic treatment</li> <li>incubation period *1-3 days</li> </ul>	<ul style="list-style-type: none"> <li>exclude for 24 hours after the start of appropriate antibiotic</li> </ul>
<b>Whooping Cough</b> ★ <i>Pertussis</i> (bordetella pertussis bacteria) This disease is vaccine preventable. <a href="#">Fact Sheet</a>	<ul style="list-style-type: none"> <li>sharing close airspace (less than 1 meter)</li> <li>contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing)</li> </ul>	<ul style="list-style-type: none"> <li>respiratory symptoms followed by persistent repetitive cough ending in gagging/ vomiting (may or may not have characteristic "whoop"); fever is mild or absent</li> </ul>	<ul style="list-style-type: none"> <li>up to 21 days after symptoms begin if not treated</li> <li>Note: most contagious during the first 2 weeks when symptoms resemble a common cold</li> <li>incubation period *5-21 days</li> </ul>	<ul style="list-style-type: none"> <li>report to the health unit immediately</li> <li>exclude until infected person has had at least 5 days of appropriate antibiotic treatment</li> </ul>

\* Incubation period = Time between contact with disease and start of symptoms

**FACT SHEETS:**

[www.healthunit.org/infectious/id\\_factsheets/id\\_factsheet.htm](http://www.healthunit.org/infectious/id_factsheets/id_factsheet.htm)

**References:**

Heymann, 19th edition (2008)

Ministry of Health and Long Term Care [www.health.gov.on.ca](http://www.health.gov.on.ca)

Canadian Pediatric Society [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

MOHLTC Infectious Diseases Protocol 2013 [www.health.gov.on.ca/en/pro/programs/publichealth/oph\\_standards/infdispro.aspx](http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/infdispro.aspx)