

Childhood Illnesses

Illness and how to recognize	How it spreads	Contagious period and exclusion
Chicken Pox (Varicella virus) Report to Public Health next working day. <ul style="list-style-type: none">• Small red spots and bumps developing into small fluid-filled sacs on the skin over three to four days and then forming scabs• Rash is usually itchy• Fever, malaise, runny nose, cough	<ul style="list-style-type: none">• Droplet or direct contact with secretions from nose and mouth or fluid from blisters• Airborne through coughing and sneezing• Contact with freshly contaminated surfaces or objects• Mother to fetus	<ul style="list-style-type: none">• One to two days before rash onset, until all blisters are crusted, usually five days after rash onset• Incubation period 10 to 21 days; usually 14 to 16 days No exclusion required if well enough to participate in regular activities. Non-immune pregnant women should contact their physician.
Diarrhea and/or Vomiting Report to Public Health immediately if two or more cases within 24 hours. <ul style="list-style-type: none">• Vomiting• Diarrhea (two or more loose or watery stools within 24 hours that is new or unusual)• May have nausea, headache, stomach pain, chills, fever	<ul style="list-style-type: none">• Fecal-oral• Ingesting contaminated food or water• Person to person• Contact with contaminated surfaces or objects	<ul style="list-style-type: none">• While diarrhea and/or vomiting is present and up to 48 hours after symptoms stop• Usual incubation period 12 to 72 hours Exclude until 48 hours symptom-free.
Fifth Disease (Parvovirus B19, Erythema infectiosum) <ul style="list-style-type: none">• Fever, headache, fatigue, muscle aches• Several days later, red “slapped cheek” rash on face, followed by a lace-like rash from the trunk to arms, buttocks, and thighs	<ul style="list-style-type: none">• Direct contact with secretions from nose and mouth• Transfusion of blood and blood products• Mother to fetus	<ul style="list-style-type: none">• One to four days; no longer infectious once rash appears• Incubation period four to 14 days but may be up to 21 days No exclusion required if well enough to participate in regular activities. Non-immune pregnant women should contact their physician.
Hand, Foot, and Mouth Disease (Coxsackie virus) <ul style="list-style-type: none">• Fever, sore throat, runny nose, cough• Tiny blisters in the mouth and on the fingers, palms of hands, buttocks, and soles of feet that last a little longer than a week	<ul style="list-style-type: none">• Direct contact with secretions from nose and mouth or fluid from blisters• Fecal-oral• Contact with contaminated surfaces or objects	<ul style="list-style-type: none">• Most infectious during the first week of illness• Virus may be shed in stool for months; respiratory shed limited to one to three weeks• Incubation period three to six days No exclusion required if well enough to participate in regular activities.
Impetigo (Staphylococcal or Streptococcal bacteria) <ul style="list-style-type: none">• Rash may start with a cluster of red bumps or blisters around the mouth or nose, or exposed parts of skin; may ooze or form a honey-coloured crust	<ul style="list-style-type: none">• Usually follows a scrape or an insect bite• Contact with fluid from blisters• Contact with contaminated surfaces or objects	<ul style="list-style-type: none">• From rash onset until healed or until 24 hours after start of antibiotic treatment• Incubation period one to 10 days Exclude until 24 hours after starting antibiotic treatment or until blisters are healed.
Influenza Report to Public Health immediately. <ul style="list-style-type: none">• Sudden onset of fever, chills, muscle aches, sore throat, nasal congestion, cough, headache, fatigue• Young children may also exhibit nausea, vomiting, and diarrhea	<ul style="list-style-type: none">• Droplet or direct contact with secretions from nose and mouth• Contact with contaminated surfaces or objects	<ul style="list-style-type: none">• One day before symptom onset and up to seven days or longer after symptom onset• Incubation period one to four days Exclude until well enough to participate and fever-free for 24 hours without use of fever-reducing medications.
Measles Report to Public Health immediately. <ul style="list-style-type: none">• Fever, cough, runny nose, red and watery eyes for three to seven days before onset of rash• Small white spots on the inside of mouth• Red, blotchy rash on face then progresses down the body	<ul style="list-style-type: none">• Airborne or direct contact with secretions from nose and mouth• Highly contagious	<ul style="list-style-type: none">• Four days before rash onset until four days after rash onset• Incubation period 10 to 21 days; commonly 14 to 16 days Exclude until 4 days after rash onset.
Meningitis Report to Public Health immediately. <ul style="list-style-type: none">• Fever, rash, headache, vomiting, stiff neck, confusion, seizures, drowsiness• Infants may have irritability, poor feeding, constant crying	<ul style="list-style-type: none">• Droplet or direct contact with secretions from nose, mouth, and throat	<ul style="list-style-type: none">• Bacterial: until 24 hours after starting antibiotic treatment• Viral: varies with type of organism• Incubation varies with type of bacteria or virus Exclude according to advice from HPEPH.
Mumps Report to Public Health immediately. <ul style="list-style-type: none">• Fever, headache, swelling and tenderness of salivary glands• 1/3 of cases have no apparent swelling or tenderness and may only present as a respiratory tract infection	<ul style="list-style-type: none">• Droplet or direct contact with secretions from nose and throat• Contact with contaminated surfaces or objects	<ul style="list-style-type: none">• From several days before to five days after onset of swollen glands• Incubation period 12 to 25 days, usually 16 to 18 days Exclude until 5 days after onset of swollen glands.
Pink Eye (Conjunctivitis) <ul style="list-style-type: none">• Several types, including bacterial and viral• Redness of the eye(s)• May also have tearing, irritation, itchiness, sensitivity to light, swelling of the eyelids, discharge	<ul style="list-style-type: none">• Droplet or direct contact with secretions from eyes, nose, and mouth• Contact with contaminated surfaces or objects	<ul style="list-style-type: none">• While symptoms are present or until 24 hours after starting antibiotic treatment for bacterial conjunctivitis• Incubation period 24 to 72 hours Exclude until 24 hours after starting antibiotic treatment for bacterial conjunctivitis.
Pinworm <ul style="list-style-type: none">• Itching and irritation around the anal or vaginal area, especially at night• Children with pinworm may have no symptoms	<ul style="list-style-type: none">• Fecal-oral• Directly or indirectly by sharing toys, bedding, clothing, toilet seats, or baths	<ul style="list-style-type: none">• Up to two weeks after treatment• Eggs can live for two to three weeks outside the body No exclusion required.
Ringworm (Tinea Corporis) <ul style="list-style-type: none">• Itchy, flaky ring-shaped rash, on face, trunk, limbs, scalp, groin or feet• Caused by various types of fungi	<ul style="list-style-type: none">• Direct contact (skin-to-skin)• Indirect contact sharing combs, unwashed clothes, shower or pool surfaces and under fingernails from scratching. Can also be acquired from pets	<ul style="list-style-type: none">• Contagious as long as rash is untreated or uncovered. Exclude until appropriate treatment has been started.
Roseola (Human herpesvirus 6 and 7) <ul style="list-style-type: none">• Usually starts with a fever that lasts three to five days• Red, raised rash starts the day the fever ends• Most common in children between six months and two years of age	<ul style="list-style-type: none">• Droplet or direct contact with saliva	<ul style="list-style-type: none">• After infection, virus is present in the saliva on and off for the rest of a person's life• Human herpesvirus 6: incubation period is nine to 10 days• Human herpesvirus 7: incubation period is unknown No exclusion required if well enough to participate in regular activities.
RSV (Respiratory syncytial virus) <ul style="list-style-type: none">• Coughing, runny nose, fever, decrease in appetite and energy, irritability, wheezing• Can cause colds, bronchiolitis, bronchitis, croup, pneumonia, and ear infections	<ul style="list-style-type: none">• Droplet or direct contact with secretions from nose and mouth• Contact with contaminated surfaces or objects	<ul style="list-style-type: none">• Up to two days before symptom onset and until three to eight days after symptom onset• Incubation period two to eight days; commonly four to six days No exclusion required if well enough to participate in regular activities.
Strep Throat or Scarlet Fever (Group A streptococcus) <ul style="list-style-type: none">• Fever, sore throat, swollen glands, headache, stomachache• With scarlet fever, red dry rash (like sandpaper) covering the body	<ul style="list-style-type: none">• Droplet or direct contact with secretions from nose and mouth	<ul style="list-style-type: none">• 10 to 21 days or until 24 hours after starting antibiotic treatment• Incubation period one to three days Exclude until 24 hours after starting antibiotic treatment; if untreated, exclude 21 days.
Whooping Cough (Pertussis) Report to Public Health immediately. <ul style="list-style-type: none">• Begins with cold-like symptoms• Repeated bouts of violent coughing, with a high-pitched inspiratory whoop and vomiting• May last weeks to months	<ul style="list-style-type: none">• Droplet or direct contact with secretions from nose and mouth• Highly contagious	<ul style="list-style-type: none">• From start of symptoms until three weeks after onset of cough or until completion of five days of antibiotics• Incubation period six to 20 days; commonly nine to 10 days Exclude until five days of antibiotic treatment has been completed; if untreated, exclude 21 days.

This is intended as a general guide. Consult a physician for diagnosis and recommendations for a particular case. Notify HPEPH of all cases of reportable diseases by calling 613-966-5500 ext 349 or 1-800-267-2803. If it is outside of office hours (and illness is to be reported to Public Health immediately), please call the after-hours on-call system at 613-966-5500. A public health inspector will follow up with you as soon as possible. For more information visit caringforkids.cps.ca or hpePublicHealth.ca/health-topics-faqs-and-fact-sheets/.

Specific Health Condition: HPEPH recommends that individuals who may have been exposed or have specific health concerns, such as pregnancy and immunosuppression, be assessed by a health care professional.

Environmental Cleaning: Follow requirements for cleaning in public settings, including use of appropriate disinfectants, chemical concentration, surface contact time, and personal protective equipment (PPE) for routine and enhanced cleaning and disinfecting.