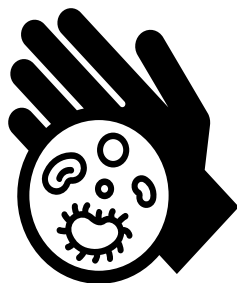
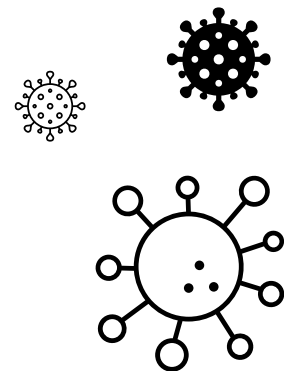


# A Guide to Common Infections



Services de santé du  
**TIMISKAMING**  
Health Unit

[www.timiskaminghu.com](http://www.timiskaminghu.com)

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# Introduction

The purpose of A Guide to Common Infections is to provide general information about communicable infections commonly experienced by children. It is a quick reference guide intended to assist school systems and education providers with identifying common childhood disease, so that action can be taken in order to decrease the spread of illness.

Parents and caregivers who would like more information regarding the illnesses and infestations described in this guide or information on how to care for their sick child can refer to the Resources section guide.

The diseases and infections described in this guide do not only affect children. Adults can also be affected and may develop symptoms and/or unknowingly spread an illness to a child.

Each infectious disease in this guide is described according to:

## What is it?

- Basic facts about the infectious disease or infestation

## What are the signs and symptoms?

- A list of the common signs and symptoms

## How is it spread?

- A description of how the disease is spread

## Incubation Period

- The length of time from when a child is exposed to the disease to when symptoms appear

## When is the person contagious?

- The time during which an infected child can spread the disease to others

## When to exclude children from school?

- Information regarding whether the child needs to be excluded from the school or childcare centres.

## Do I report to Public Health?

- Information on the reportability of the infections and if it must be reported to Public Health or not. If you have questions or are concerned about the absenteeism rate in your school, please reach out to your local public health.
- **Reportable Diseases:** Diseases that are required by law to be reported to the Medical Officer of Health. This is generally done by the physician or laboratory that confirmed the disease
  - [Schools@timiskaminghu.com](mailto:Schools@timiskaminghu.com)
  - [Childcare@timiskaminghu.com](mailto:Childcare@timiskaminghu.com)
  - 1-866-747-4305

## How do I prevent it?

- Measures that can be taken to prevent becoming infected and the spread of infection.



<b>Chicken Pox (Varicella)</b>	
What is it?	Chicken pox is an infection caused by the varicella zoster virus.
What are the signs and symptoms?	Sudden onset of mild fever. Small red pimples which develop into blisters, then become encrusted. Occurs in various stages, and tends to affect face, hands, neck, and extremities.
How is it spread?	Spreads person to person by direct contact, droplet, or airborne spread of fluid from blisters or secretions of the respiratory tract. Indirectly through articles freshly soiled with secretions from blisters. Very infectious. May develop following contact with person having shingles.
Incubation Period	10-21 days; commonly 14-16 days; may be shortened in the immunodeficient and prolonged as long as 28 days after passive immunization against varicella.
When is the person contagious?	Up to 5 days before onset (but usually 1-2 days) of rash and lasting until lesions have crusted (about 5 days). May be prolonged in individuals with altered immunity.
When to exclude children from school?	Exclude from school if child has a fever (regardless of the state of the rash) or if child is too ill. Return to school or childcare as soon as child is well enough to participate normally in all activities (regardless of the state of the rash).
Do I report to Public Health?	<b>Reportable to Health Unit.</b>  Staff and parents should be notified.  Susceptible pregnant staff will need to seek medical care promptly.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Avoid contact with infected persons</li> <li>➤ Receive all recommended immunizations</li> </ul>

## Cocksackie A (Hand/Foot/Mouth Disease)

What is it?	Hand, foot and mouth disease is an infection caused by the Cocksackie virus that normally occurs in the summer and fall.
What are the signs and symptoms?	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Headache</li> <li>• Sore throat</li> <li>• Lack of energy.</li> <li>• Small painful ulcers in mouth.</li> <li>• Rash consisting of red spots often topped by small blisters on hands and feet.</li> <li>• Loss of appetite, abdominal pain, vomiting and/or diarrhea.</li> </ul>
How is it spread?	Virus spreads person to person through direct contact with droplets or discharges.
Incubation Period	3-5 days
When is the person contagious?	Contagious during acute stage of illness; can continue to transmit virus in stools for weeks after the start of illness. Most common in summer and fall.
When to exclude children from school?	Do not exclude unless child has a fever with behaviour changes or is too ill to take part in activities.
Do I report to Public Health?	Not reportable to the Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Disinfect surfaces</li> <li>➤ Avoid contact with infected persons</li> </ul>

## Common Cold

What is it?	The common cold is caused by viruses that infect the nose, throat, and sinuses. Generally, a cold occurs in the fall and winter resulting in the symptoms below.
What are the signs and symptoms?	<ul style="list-style-type: none"> <li>• Runny nose</li> <li>• Sneezing</li> <li>• Sore throat</li> <li>• Cough</li> <li>• Decreased appetite</li> <li>• Fever</li> <li>• Headache</li> <li>• Loss of appetite</li> <li>• Tiredness</li> </ul>
How is it spread?	Spreads via direct contact; person to person via droplets. Indirect contact; via contaminated hands, objects, and surfaces. Almost always viral.
Incubation Period	1-3 days (Varies depending on the virus.)
When is the person contagious?	1 day before to 5 days after onset. (Varies depending on the virus.)
When to exclude children from school?	Do not exclude unless child has a fever with behaviour changes or is too ill to take part in activities.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Cleaning high touch surfaces</li> <li>➤ Cover your mouth and nose when coughing or sneezing</li> <li>➤ Avoid people who are already sick</li> <li>➤ Receive all recommended immunizations</li> </ul>

## Conjunctivitis (Pinkeye)

What is it?	Pinkeye is an infection caused by a virus and/or bacteria, that affects the covering of the eyeball and the inside of the eyelid.
What are the signs and symptoms?	<ul style="list-style-type: none"> <li>• Redness, swelling, itching, pain, discharge from eye.</li> <li>• After sleep the discharge forms dry, yellowish crusts on eyelashes.</li> </ul>
How is it spread?	Bacteria spreads person to person by contact with secretions from eye or respiratory secretions. Indirect through contaminated clothing and other articles.
Incubation Period	Usually, 24-72 hours
When is the person contagious?	For duration of infection or until 24 hours after treatment started.
When to exclude children from school?	Exclude if yellowish discharge present and then until 24 hours after the start of antibiotics.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Avoid sharing towels and washcloths</li> </ul>

<b>Diarrhea</b>	
What is it?	Frequent, less formed, more watery bowel movements.
What are the signs and symptoms?	<ul style="list-style-type: none"> <li>• Increase in frequency of stools and/or change to unformed, loose, or watery stool.</li> <li>• Fever</li> <li>• Loss of appetite</li> <li>• Nausea</li> <li>• Vomiting</li> <li>• Abdominal pain</li> <li>• Mucus or blood in stool may also occur</li> </ul> <p>Diarrhea may be dangerous in infants and young children because the loss of fluid may cause dehydration.</p>
How is it spread?	Germs are spread through the stool of infected persons. Spread directly from person to person; indirectly from hands of staff and children, objects, surfaces, food, or water contaminated with germs (young children frequently put fingers and objects in mouth).
Incubation Period	N/A
When is the person contagious?	For duration of diarrhea.
When to exclude children from school?	Exclude until symptom free for 48 hours, or 48 hours after completion of antibiotic or anti-diarrheal medications. Notify parents at once if any of the following are present: 2 or more episodes of diarrhea or diarrhea with fever over 39oC (102oF); repeated vomiting; dehydration; blood or mucus in stool.
Do I report to Public Health?	<b>Reportable to Health Unit</b> when outbreaks of 2 or more children having diarrhea occur within 48 hours, also any case of bloody or diagnosed bacterial diarrhea.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Avoid people who are sick</li> <li>➤ Disinfect surfaces</li> <li>➤ Proper food preparation and handling</li> </ul>



## Ear Infections (Otitis Media)

What is it?	Ear infections are caused when viruses or bacteria move from the back of the throat and spread to the ear causing infection.
What are the signs and symptoms?	<ul style="list-style-type: none"> <li>• Earache</li> <li>• Difficulty hearing</li> <li>• Difficulty sleeping</li> <li>• Irritability</li> <li>• Fever</li> <li>• Cold symptoms</li> </ul>
How is it spread?	Complication of cold.
Incubation Period	N/A
When is the person contagious?	Not infectious.
When to exclude children from school?	Do not exclude unless child has a fever with behaviour changes or is too ill to take part in activities.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Receive all recommended immunizations</li> <li>➤ Stay away from second hand smoke as it increases the chance for infection</li> </ul>

## Fifth Disease

What is it?	Fifth disease or “slapped cheek” is a common infection of the airway and lungs caused by Parvovirus B19. Infection most commonly occurs in late winter to early spring.
What are the signs and symptoms?	Usually a febrile, very red rash begins on cheeks (slapped face appearance) followed by a lace-like rash on the trunk and extremities which fades but may come and go for 1 to 3 weeks. May also experience headache, runny or stuffy nose, nausea, or diarrhea.
How is it spread?	Virus mainly spreads from person to person through contact with respiratory secretions. Can also spread from a pregnant woman to her unborn child.
Incubation Period	4- 20 days to development of rash.
When is the person contagious?	Greatest before onset of rash. Not communicable after onset of rash.
When to exclude children from school?	Do not exclude unless child has a fever with behaviour changes, is too ill to take part in activities, or has an underlying blood disorder such as Sickle Cell or a compromised immune system. Once the rash appears a child is no longer contagious.
Do I report to Public Health?	Not reportable to Health Unit. In consultation with Public Health, notify pregnant teachers and parents who may have had exposure.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Disinfecting surfaces</li> <li>➤ Frequent and proper hand washing</li> <li>➤ Avoid contact with infected persons</li> <li>➤ Cover mouth and nose when coughing or sneezing</li> </ul>

## Other Gastrointestinal Infections

What is it?	<p><b>Campylobacter</b></p> <ul style="list-style-type: none"> <li>➤ A bacterial infection</li> <li>➤ Incubation Period: 1 - 10 days.</li> </ul> <p><b>Cryptosporidiosis</b></p> <ul style="list-style-type: none"> <li>➤ A parasitic infection</li> <li>➤ Incubation Period: 1 - 12 days.</li> </ul> <p><b>Escherichia coli (E. coli)</b></p> <ul style="list-style-type: none"> <li>➤ A bacterial infection</li> <li>➤ Incubation Period: 2–10 days, with a median of 3–4 day</li> </ul> <p><b>Giardia</b></p> <ul style="list-style-type: none"> <li>➤ A parasitic infection</li> <li>➤ Incubation Period: 1-14 days</li> </ul> <p><b>Salmonella</b></p> <ul style="list-style-type: none"> <li>➤ A bacterial infection</li> <li>➤ Incubation Period: 6-72 hours.</li> </ul> <p><b>Shigella</b></p> <ul style="list-style-type: none"> <li>➤ An acute bacterial disease.</li> <li>➤ Incubation Period: 1-3 days.</li> </ul>
What are the signs and symptoms?	<ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Vomiting</li> <li>• Nausea</li> <li>• Loss of appetite</li> <li>• Abdominal cramps</li> </ul>
How is it spread?	Through direct contact with contaminated/infected food, water, people, and or surfaces.
Incubation Period	Varies depending on type of infection (See Above).
When is the person contagious?	During acute stage of illness and up to 48 hours after the diarrhea has stopped.
When to exclude children from school?	Exclude until symptom free for 48 hours, or 48 hours after completion of antibiotic or anti-diarrheal medications. Negative stool cultures are not required unless an outbreak occurs. Shigella requires 2 successive negative stool cultures, 24 hours apart and at least 24 hours after cessation of symptoms.
Do I report to Public Health?	<b>Report to the Health Unit by the next working day for all.</b>
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Avoid people who are sick</li> <li>➤ Disinfect surfaces</li> <li>➤ Drink water from safe (treated or boiled) supply</li> <li>➤ Proper food preparation and handling</li> </ul>

<b>Hepatitis A</b>	
What is it?	Hepatitis A is an infection caused by the Hepatitis virus.
What are the signs and symptoms?	Onset is usually sudden with: <ul style="list-style-type: none"> <li>• Loss of appetite, nausea, tiredness, fever, and stomach-ache.</li> <li>• Tea coloured urine, light coloured stools, and jaundice (yellowing of eyes or skin) may appear.</li> <li>• Symptoms are generally absent or much milder in children than in adults.</li> </ul>
How is it spread?	Primarily by the fecal-oral route, through direct contact with infected people or indirectly through ingestion of contaminated water or foods. On rare occasions, transmission has been reported after exposure to contaminated blood or blood products obtained from donors during period of infection.
Incubation Period	15 to 50 days with an average of 28 to 30 days
When is the person contagious?	From 2 weeks before illness until 1 week after the onset of jaundice. Prolonged viral excretion up to 6 months has been seen in infants and children.
When to exclude children from school?	Excluded until 1 week after onset of illness.
Do I report to Public Health?	<b>Immediately report to the Health Unit by telephone.</b>
How do I prevent it?	➤ Receive all vaccinations in the Hep A series

<b>Hepatitis B</b>	
What is it?	Hepatitis B is a disease caused by a virus that infects the liver.
What are the signs and symptoms?	Lack of appetite, nausea, vomiting, tiredness, abdominal pain and/or yellowing of the skin (jaundice). Some may experience joint stiffness and rash. May also be asymptomatic.
How is it spread?	Virus found in blood, semen and vaginal fluids. Can be spread by unprotected sex, blood contact, bites, and from mother to baby at birth.
Incubation Period	60-150 days
When is the person contagious?	From weeks before onset to months or years after recovery from acute illness. May be infectious for life.
When to exclude children from school?	No exclusion required.
Do I report to Public Health?	<b>Reportable to Health Unit within one business day.</b>
How do I prevent it?	➤ Receive all vaccinations in the Hep B series

## Herpes Simplex (Cold Sores)

What is it?	Cold sores are a reoccurring oral virus caused by herpes simplex virus 1 (HSV-1).
What are the signs and symptoms?	<p>Many infections occur without any symptoms. However, symptoms may include:</p> <ul style="list-style-type: none"> <li>➤ High fever</li> <li>➤ Painful ulcers in and around mouth.</li> <li>➤ May recur as cold sores.</li> </ul>
How is it spread?	Virus spreads person to person by direct contact with saliva and infected sores.
Incubation Period	4 days
When is the person contagious?	For several weeks during initial infection and intermittently thereafter especially when cold sores return.
When to exclude children from school?	Exclude if too ill to participate and/or if child has a fever with behaviour changes. If child has extensive mouth sores and is drooling, and until the child can eat and participate in activities comfortably.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Avoid sharing drinks, food, and utensils</li> <li>➤ Avoid direct contact with sores of an infected persons</li> </ul>

<b>Impetigo</b>	
What is it?	Impetigo is a common skin infection that is caused by bacteria called Group A Streptococcus (strep) or Staphylococcus aureus (staph).
What are the signs and symptoms?	A skin rash that is characterized by clusters of blisters or red bumps. The blisters may ooze or be covered with honey coloured crust. The rash usually appears around the nose, mouth and parts of the skin not covered by clothes.
How is it spread?	Bacteria spreads person to person by direct contact. Caused by same bacteria that causes strep throat. Can also be spread by indirect contact.
Incubation Period	1-10 days
When is the person contagious?	From onset of rash until 1 day after start of treatment with antibiotics.
When to exclude children from school?	Exclude until antibiotic treatment has been taken for 1 full day.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Avoid sharing towels or face cloths</li> <li>➤ Avoid contact with infected persons</li> </ul>

## Influenza

What is it?	Influenza is an acute respiratory infection that is caused by a virus.
What are the signs and symptoms?	<ul style="list-style-type: none"> <li>• Sudden onset of fever</li> <li>• Chills</li> <li>• Headache</li> <li>• Shortness of breath</li> <li>• Generalized aches and pains</li> <li>• Loss of appetite.</li> <li>• Weakness and new or worsening cough that can last several days to weeks.</li> </ul> <p>Children may also experience gastrointestinal symptoms such as:</p> <ul style="list-style-type: none"> <li>➤ Vomiting</li> <li>➤ Nausea</li> <li>➤ Diarrhea</li> </ul>
How is it spread?	Virus spreads through air in enclosed spaces, by direct contact with respiratory secretions or indirectly by contact with contaminated hands, objects, surfaces.
Incubation Period	1-4 days
When is the person contagious?	Before symptoms have developed until 5-7 days after onset of symptoms.
When to exclude children from school?	Exclude if child has a fever with behaviour changes, or until well enough to participate. Usually 5-7 days.
Do I report to Public Health?	Only laboratory confirmed cases are reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Cover mouth and nose when coughing or sneezing</li> <li>➤ Receive all recommended vaccinations</li> <li>➤ Avoid people who are already sick</li> </ul>



## Measles (Red Measles)

What is it?	Measles is a severe and highly contagious respiratory infection caused by a virus.
What are the signs and symptoms?	Fever, cough, runny nose, inflamed eyes, drowsiness, and irritability, followed by rash. Rash is characterized by large flat red spots often starting on the face and spread rapidly over body. Small white spots (known as "Koplik's spots") can appear on the inside of the mouth and throat but are not always present.
How is it spread?	Virus in respiratory secretions. Spreads person to person through the air or direct contact with nasal or throat secretions. Measles virus can remain active and contagious in the air or on infected surfaces for at least two hours. Measles is one of the most highly contagious infectious diseases.
Incubation Period	About 10 days, but may be 7-21 days from exposure to onset of fever
When is the person contagious?	From about 4 days before onset of rash until 4 days after onset of rash.
When to exclude children from school?	Exclude until at least 4 days after onset of rash.
Do I report to Public Health?	<b>Immediately report to the Health Unit by telephone.</b>
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Receive MMR vaccination</li> <li>➤ Frequent and proper hand washing</li> <li>➤ Avoid contact with infected persons</li> <li>➤ Cover mouth and nose when coughing or sneezing</li> </ul>

## Meningitis

What is it?	<p>Meningitis is the swelling of the protective membranes covering the brain and spinal cord. It is caused by bacterial or viral infection of the fluid surrounding the brain and spinal cord.</p> <p>However, there are other causes including:</p> <ul style="list-style-type: none"> <li>➤ Injuries</li> <li>➤ Cancer</li> <li>➤ certain drugs</li> <li>➤ other types of infections</li> </ul> <p>It is important to know the specific cause of meningitis because the treatment differs depending on the cause.</p>
What are the signs and symptoms?	<p>A severe headache, sudden onset of fever, vomiting, stiff neck and sensitivity to light. May develop a red pin-point rash, confusion, lethargy, drowsiness or seizures. Can be life threatening infection. Asymptomatic carrier state exists in 5 – 10% of the population.</p>
How is it spread?	<p>Spreads from person to person through direct contact with nose and throat secretions. Can be viral or bacterial.</p>
Incubation Period	<p>Depends on causative agent but is normally 1-10 days.</p>
When is the person contagious?	<p>For bacterial meningitis, communicable until 24 – 48 hours after the start of antibiotics.</p>
When to exclude children from school?	<p>For bacterial meningitis, exclude until 24 hours after the start of antibiotics. For viral meningitis, exclude until well enough to participate.</p>
Do I report to Public Health?	<p><b>Immediately report to the Health Unit by telephone.</b></p>
How do I prevent it?	<p>Preventative factors depend on the causative agent; however, the following is recommended:</p> <ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Avoid anyone you suspect may be infected</li> <li>➤ Receive recommended immunizations</li> </ul>

<b>Mumps</b>	
What is it?	Mumps is a contagious infection caused by a virus.
What are the signs and symptoms?	Typically involves swelling of the salivary glands. The virus can also affect other parts of the body. About 1/3 of infections do not involve facial swelling, but instead show signs of respiratory infection.
How is it spread?	Virus spreads person to person by droplets and through the air. Also spread by direct contact with the saliva of infected persons from contaminated surfaces.
Incubation Period	12 to 25 days, commonly between 16 and 18 days
When is the person contagious?	From 7 days before to 9 days after onset of swelling. Most infectious 2 days before to 5 days after onset of swelling.
When to exclude children from school?	Recent evidence suggests that while mumps virus can be isolated from saliva and respiratory secretions for up to nine days after the onset of swelling to your glands there is a significant reduction in viral secretion by five days after symptom onset, thereby reducing the risk of transmission.
Do I report to Public Health?	<b>Reportable to Health Unit.</b>
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Receive MMR vaccination</li> <li>➤ Frequent and proper hand washing</li> <li>➤ Avoid contact with infected persons</li> <li>➤ Cover mouth and nose when coughing or sneezing</li> </ul>

<b>Norwalk Virus (Norovirus)</b>	
What is it?	Norovirus is a very contagious virus that causes diarrhea and vomiting.
What are the signs and symptoms?	<ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Vomiting</li> <li>• Abdominal cramps</li> <li>• Headache</li> <li>• Feeling unwell</li> <li>• Muscle aches</li> <li>• Low grade fever</li> </ul> <p>May experience:</p> <ul style="list-style-type: none"> <li>➤ Chills</li> <li>➤ Fatigue</li> </ul> <p>Symptoms persist for 24/48 hours.</p>
How is it spread?	Virus excreted in stool or vomit of infected persons. Spreads person to person through the fecal-oral route. Vomiting can cause the virus to become aerosolized and infect food, water, and surfaces.
Incubation Period	1-2 days.
When is the person contagious?	During acute stage of illness and up to 48 hours after the diarrhea has stopped.
When to exclude children from school?	Exclude until 48 hours after diarrhea and vomiting have stopped.
Do I report to Public Health?	<b>Reportable outbreaks to the Health Unit.</b>
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Avoid people who are sick</li> <li>➤ Disinfect surfaces</li> <li>➤ Drink water from safe (treated or boiled) supply</li> <li>➤ Avoid sharing food or utensils</li> <li>➤ Proper food preparation and handling</li> </ul>

## Pediculosis (Lice)

What is it?	<p>Head lice are tiny insects that live on the scalp, where they lay eggs. Head lice do not spread disease. It's not your fault if you or your child has head lice.</p> <p>Having head lice does not mean you are not clean.</p> <p>Lice have 3 stages – the egg (nit), the nymph and the adult.</p> <ol style="list-style-type: none"> <li>1. Nits: whitish-grey, tan or yellow ovals, about the size of a grain of sand. They stick to the hair close to the scalp and can look like dandruff.</li> <li>2. Nymphs: baby lice, they look like adult lice but smaller.</li> <li>3. Adult lice: hard to see since they are about the size of a sesame seed. Adult lice can live for up to 30 days on a person's head, but they die within 2 days away from the scalp.</li> </ol>
What are the signs and symptoms?	<p>Itchy scalp. <u>Look for:</u></p> <ol style="list-style-type: none"> <li>1. Crawling lice in the hair;</li> <li>2. Eggs (nits) glued to the hair near the scalp;</li> <li>3. Scratch marks on the scalp or back of the neck or hair line.</li> </ol>
How is it spread?	Direct contact with infested persons or personal belongings such as headgear.
Incubation Period	The eggs hatch in 9-10 days after infestation
When is the person contagious?	Until lice are destroyed by treatment.
When to exclude children from school?	Refer to and consult internal school and childcare policy, generally avoid contact until 24 hrs after 1st treatment.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Avoid head-to-head contact</li> <li>➤ Avoid sharing hats and headgear, hairbrushes, etc.</li> </ul>

<b>Pinworm</b>	
What is it?	Pinworms are very small, white, thread-like worms ( <i>Enterobius vermicularis</i> ) that live in the intestine
What are the signs and symptoms?	Usually, children have no symptoms. Some children get very itchy around the anus and vagina, especially at night.
How is it spread?	Direct contact with affected area or indirect contact with an infected persons objects (e.g., toys, toilet seats or baths, clothes).
Incubation Period	1 to 2 months.
When is the person contagious?	Eggs can live for up to 2 to 3 weeks outside the body, on clothing, bedding, or other objects
When to exclude children from school?	No exclusion necessary.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Avoid sharing personal hygiene products</li> <li>➤ Wash sports gear regularly</li> <li>➤ Wash hands frequently and properly</li> <li>➤ The eggs are sensitive to sunlight. Open blinds or curtains in to allow light in.</li> </ul>

<b>Ringworm</b>	
What is it?	Ringworm is an infection caused by a fungus that lives on the skin.
What are the signs and symptoms?	Depending on type of ringworm, may cause itchy and flaking of the skin, circular lesions on skin or scalp. Lesions may have slightly raised, red edges and may be dry and scaly. Other types of ringworm may affect the skin between the toes (Athletes Foot) or the nails.
How is it spread?	Spread by direct or indirect contact with lesions of infected persons or animals. Indirectly through contaminated floors, shower stalls and benches.
Incubation Period	4-14 days depending on type of ringworm.
When is the person contagious?	While lesions are visible.
When to exclude children from school?	Exclusion is not required but children with active ringworm should stay out of pools or gyms. Treatment is important. Those in contact sports should cover the affected area and be excluded from sports for 72 hours after treatment is started and until cleared by a physician to return to sports.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Avoid sharing personal hygiene products</li> <li>➤ Wash sports gear regularly</li> <li>➤ Wash hands frequently and properly</li> <li>➤ Wear footwear in public locker rooms and showers</li> </ul>

## Roseola (Sixth Disease)

What is it?	Roseola is a viral illness. It's most common in children between 6 months and 2 years of age.
What are the signs and symptoms?	Starts with fever. Several days later small red spots appear on face and body. Rash lasts 3-5 days. In some children, high fever may be the only symptom. Child may also be irritable.
How is it spread?	The virus is spread when you encounter saliva of an infected person, e.g., coughing and sneezing. Common in children 6 months to 2 years of age.
Incubation Period	5-15 days, usually about 10 days
When is the person contagious?	Unknown. If the virus becomes latent, it may be communicable for life. Difficult to diagnose until rash appears.
When to exclude children from school?	Do not exclude unless child has a fever with behaviour changes or is too ill to take part in activities.
Do I report to Public Health?	Not reportable to the Health Unit.
How do I prevent it?	➤ Frequent and proper handwashing



<b>Rotavirus</b>	
What is it?	Rotavirus infection is a viral infection that causes acute gastroenteritis particularly among infants and young children.
What are the signs and symptoms?	<p>Fever and vomiting precede watery diarrhea.</p> <p>Symptoms usually last for 4 –6 days.</p> <p>Dehydration may occur rapidly; signs of dehydration include:</p> <ul style="list-style-type: none"> <li>➤ Decreased urination</li> <li>➤ No tears when crying</li> <li>➤ Dry skin, tongue and mouth</li> <li>➤ Fast heartbeat</li> <li>➤ Sunken eye</li> <li>➤ Grayish, pale skin</li> <li>➤ Inability to drink</li> </ul>
How is it spread?	<p>Virus is excreted in stool of infected persons and spreads person to person through the fecal-oral route. May also spread via contact and through respiratory secretions. Incubation period is 1- 3 days.</p> <p>Direct contact touching hands with a sick individual or indirect contact, touching something an infected person has.</p>
Incubation Period	1-2 days
When is the person contagious?	During the acute stage of illness through to the 8th day of infection.
When to exclude children from school?	Exclude until 48 hours after diarrhea and vomiting have stopped.
Do I report to Public Health?	<b>Reportable outbreaks to Health Unit.</b>
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Avoid people who are sick</li> <li>➤ Disinfect surfaces</li> <li>➤ Receive all recommended vaccinations</li> </ul>

## Rubella (German Measles)

What is it?	Rubella or “German measles” is an infection caused by a virus that affects the skin and lymph nodes.
What are the signs and symptoms?	Many children infected have no signs of illness or rash. May have mild fever, runny nose, conjunctivitis, headache, sore throat, swollen glands in neck and behind the ears, which is followed in 5-10 days by a rash. The rash starts on the face and becomes generalized in 24 hours. It lasts about 3 days.
How is it spread?	Spreads from person to person when nose and mouth secretions from the ill person enter the nose, mouth or eyes of another person.  There is risk of severe damage to the fetus if a pregnant woman gets rubella during the first half of the pregnancy.
Incubation Period	14-21 days
When is the person contagious?	7 days before until at least 4 days after onset of rash.
When to exclude children from school?	Exclude for 7 days after onset of rash.
Do I report to Public Health?	<b>Immediately report to the Health Unit by telephone.</b>  Susceptible pregnant staff should seek medical advice.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Receive MMR vaccination</li> <li>➤ Frequent and proper hand washing</li> <li>➤ Avoid contact with infected persons</li> <li>➤ Cover mouth and nose when coughing or sneezing</li> </ul>

<b>Scabies</b>	
What is it?	Scabies is a skin condition caused by infestation of tiny insects called mites, that dig into the skin and lay eggs.
What are the signs and symptoms?	Very itchy rash made up of small, red, raised spots. Usually appears on fingers, elbows, armpits, and abdomen, and may be itchier at night.
How is it spread?	Mites spread person to person by prolonged direct close contact. Occasionally also spread from contact with personal items such as clothes and bedding.
Incubation Period	May be as long as 4-8 weeks
When is the person contagious?	Until mites and eggs are destroyed by treatment. Usually after 1 or occasionally after 2 courses of treatment a week apart.
When to exclude children from school?	Exclude until 24 hours after treatment is first applied.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Wash sheets and bedding</li> <li>➤ Avoid direct skin to skin contact with infected persons</li> </ul>

## Scarlet Fever

What is it?	Scarlet Fever is an infection caused by Group A Streptococcus bacterium.
What are the signs and symptoms?	<p>May include:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Sore throat</li> <li>• Swollen glands</li> <li>• Headache</li> <li>• A very fine raised rash. Appears most often on the neck, chest, in folds of armpit, elbow, groin and inner thigh.</li> <li>• A swollen, red tongue may appear.</li> <li>• Later there may be peeling of skin on fingertips and toes.</li> </ul>
How is it spread?	Bacteria spreads person to person through respiratory droplets or direct contact with a symptomatic person or asymptomatic carrier. Rarely spread indirectly through contaminated surfaces.
Incubation Period	1-3 days
When is the person contagious?	Until 24 hours after treatment begun. If untreated, 10-21 days.
When to exclude children from school?	Exclude until 24 hours after the start of antibiotics.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Cover mouth and nose when coughing or sneezing</li> <li>➤ Avoid people who are already sick</li> </ul>

<b>Shingles</b>	
What is it?	Shingles is a latent reactivation of varicella (chicken pox).
What are the signs and symptoms?	A rash, often with blisters, that may be painful, usually on one side of the body.
How is it spread?	If a person who has never had chickenpox touches the rash of a person with shingles, they may develop chickenpox.
Incubation Period	N/A
When is the person contagious?	Up to one week after the rash develops. No longer infectious once all the blisters have crusted.
When to exclude children from school?	Return to school or childcare as soon as child is well enough to participate normally in all activities (regardless of the state of the rash). Where possible, the rash should be kept covered.
Do I report to Public Health?	Not reportable to Health Unit. May seek guidance from Public Health, as vaccine for chickenpox is available for susceptible contacts
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Avoid contact with infected persons</li> <li>➤ Receive all recommended vaccines</li> </ul>

## Strep Throat

What is it?	Strep throat is an infection caused by Group A Streptococcus bacterium.
What are the signs and symptoms?	<p>May include:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Flushed face</li> <li>• Sore throat</li> <li>• General discomfort</li> <li>• Swollen and/or tender glands on the neck</li> <li>• If left untreated, may become scarlet fever</li> </ul>
How is it spread?	Bacteria spreads person to person through respiratory droplets or direct contact with a symptomatic person or asymptomatic carrier. Rarely spread indirectly through contaminated surfaces.
Incubation Period	1-3 days
When is the person contagious?	Until 24 hours after treatment begun. If untreated, 10-21 days.
When to exclude children from school?	Exclude until 24 hours after the start of antibiotics and child is without fever for 24 hours.
Do I report to Public Health?	Not reportable to Health Unit.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Cover mouth and nose when coughing or sneezing</li> <li>➤ Avoid people who are already sick</li> </ul>

<b>Whooping Cough (Pertussis)</b>	
What is it?	Pertussis is a respiratory infection caused by a gram-negative, bacillus, <i>Bordetella pertussis</i> .
What are the signs and symptoms?	<ol style="list-style-type: none"> <li>1. Catarrhal Stage: is characterized by mild upper respiratory tract symptoms with a mild occasional cough that last approximately 1-2 weeks and then progresses to the next stage.</li> <li>2. Paroxysmal Stage: presents with an increase in the severity and frequency of the cough which can last 1-2 months and sometimes longer; paroxysms are characterized by repeated violent coughs and this is where the high-pitched inspiratory whoop may occur, commonly followed by vomiting; fever is absent or minimal.</li> <li>3. Convalescent Stage is the gradual recovery period where the cough becomes less paroxysmal and disappears. This may take weeks to months.</li> </ol>
How is it spread?	Bacteria which are spread from person to person by respiratory droplets, and direct contact with respiratory secretions. Rarely, through indirect contact with surfaces. Very infectious.
Incubation Period	Usually 9-10 days, can range from 6-20 days.
When is the person contagious?	<p>Highly contagious during the early Catarrhal stage and beginning of the paroxysmal stage (first 2 weeks) and then gradually decreases and becomes minor in about 3 weeks.</p> <p>No longer contagious after 5 days of effective treatment.</p>
When to exclude children from school?	Exclude until 5 days after start of antibiotics or 3 weeks from onset of paroxysmal or 'whooping' cough if no treatment is given. Contacts may need antibiotics or vaccine.
Do I report to Public Health?	<b>Reportable to Health Unit.</b> Report by telephone to the Health Unit by next working day. Parents and staff should be notified.
How do I prevent it?	<ul style="list-style-type: none"> <li>➤ Frequent and proper handwashing</li> <li>➤ Receive diphtheria, tetanus and pertussis (DTaP) vaccination</li> <li>➤ Avoid people who are already sick</li> <li>➤ Cover mouth and nose when coughing or sneezing</li> </ul>

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