

COMMUNICABLE DISEASE INFORMATION

DISEASE (INCUBATION PERIOD)	HOW SPREAD	EARLY SIGNS	CONTAGIOUS PERIOD	CONTACTS	RETURN TO SCHOOL
Impetigo <i>Impetigo Contagiosa</i> (4-10 days, variable)	Discharge from lesions	Blisters appearing on the skin, principally around the mouth and nostrils	As long as lesions continue to drain	Exclude only with first signs of illness	After seen by a physician and under treatment for 24 hours
Influenza (1-3 days)	Discharge from nose and throat by sneezing, coughing and speaking	Fever, discomfort, aching in back and limbs, sore throat	About 3 days from first symptoms	Exclude only with first signs of illness	When recovered
Hepatitis A <i>Infectious Hepatitis</i> (15-50 days) Av: 30 days	Contaminated food or water, feces from infected person	Sudden, with loss of appetite, nausea and abdominal discomfort. Unusually tired with yellowish complexion	10-15 days before symptoms appear, until the first few days of jaundice	Exclude only with first signs of illness. Household contacts should have medical care	Written approval from physician with statement on any limitation of activity
Measles (Hard) <i>Rubeola</i> (8-13 days) Av: 10 days	Secretions from nose and throat	High fever, runny nose, cough, watery eyes, for 1 to 3 days, followed by rash first seen on face, then spreading over rest of body	4 days before rash and up to 4 days after	Children not properly immunized will be excluded from school. Any children with symptoms are to be excluded with first signs of illness.	When recovered
Mumps <i>Infectious Parotitis</i>	Secretions from nose and throat	Swelling of glands in neck below and in front of ears	Up to 7 days prior to onset of swelling, usually 5 days after onset	Children not properly immunized will be excluded from school.	When swelling and fever have gone down
Pink Eye <i>Conjunctivitis</i> (2-5 days)	Discharge from eyes and nose	Red eyes and lids	During the period of active infection	Observe daily, exclude with first signs of illness	Upon recovery

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Chicken Pox <i>Varicella</i> (2-3 weeks)	Secretions of nose and throat; discharges from skin lesion; scabs not infectious	Mild fever at time of eruption which looks like water blisters	5 days before rash to 6 days after rash first starts	Exclude only with first signs of illness	When scabs are dried up and crusted
Common Cold <i>Rhinoviruses</i> (1-3 days)	Direct contact, secretions of nose and throat	Running nose, eyes water, slight fever, feels "bad"	24 hours before onset of symptoms and up to 5 days after	Exclude only with first signs of illness	Minimum of 3 days
Diarrhea, variable (depending on cause)	Contaminated food or water	Diarrhea, fever, cramping, nausea, gas	Varies	Encourage extra care with hand washing	When recovered
Fifth's Disease <i>Erythema Infectiosum</i> (4-15 days)	Personal contact by droplet spread	Usually an initial rash (slapped cheek appearance) which may spread to the extremities and trunk. It disappears in a few weeks, but may reappear. Complications are rare and generally mild. Fever is rare except in adults.	About 2 days before rash possibly 4-5 days later. Usually no treatment is needed.	With first sign of symptoms, have parents check with their family physician to rule out other serious rash illnesses, pregnant women should consult with obstetrician.	Children who feel well need not be excluded from school.
German Measles <i>Rubella</i> (14-21 days) av: 16-18 days	Secretions of nose and throat	Mild symptoms of head cold for 1 to 2 days followed by eruption on face and body	7 days before to 7 days after rash onset	Children not properly immunized will be excluded from school.	Upon recovery, with minimum of 4 days
Head Lice <i>Pediculosis</i> (1-2 weeks)	Contact with infected persons and/or their clothing	Gradual onset of itching especially at nape of neck and behind ears. Lice and nits in the hair	Until eggs and lice in hair and clothing (including BEDDING) have been destroyed.	Observe daily, check family members	After prescribed treatment by a physician and when free from lice and nits.

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Ringworm of skin and scalp <i>Tinea Capitis</i> <i>Tinea Corporis</i> (4-14 days)	Direct contact with infected articles, personal contact	Circular patches of dry skin on any part of body and/or scalp	Until 24 hours after proper treatment	Inspect skin for evidence of infection	24 hours after proper treatment by physician, exclusion from showers and pools
Scabies (days, maybe weeks)	Close contact with source	Extreme itching of skin where mites have burrowed under the skin	Until mites are destroyed by chemical treatment	Exclude with first signs of illness	After prescribed treatment by a physician
Scarlet Fever <i>Scarlatina</i> (1-7 days) Av: 2-4 days	Discharge from upper respiratory tract of cases and carriers	Sudden onset, usually with fever, sore throat, vomiting, and headaches. Pink-red flush rash	No longer communicable 24-48 hours after antibiotic treatment	Observe daily, exclude with first signs of illness	Upon recovery when signs of illness are completely gone
Shingles <i>Herpes Zoster</i> (Variable)	Person to person by direct contact	Painful small waterlike blisters in groups on the skin along nerve pathways	Up to a week after appearance of lesions	Exclude with first signs of illness	When lesions are dry and crusted, at least 1 week after eruption first appears
Strept Sore Throat (1-3 days)	Discharge from upper respiratory tract of cases and carriers	Rapid onset with fever, sore throat, and exudative tonsillitis or pharyngitis	Until after antibiotic treatment for 24 hours	Exclude with first signs of illness	After seen by a physician and under antibiotic treatment for 24 hours
Whooping Cough <i>Pertussis</i> (7-10 days) Av: 7	Discharge from nose and throat	Begins as ordinary cough becoming more persistent and worse at night with vomiting	Most infectious during cold-like symptoms	Children not properly immunized will be excluded from school and contact with others for the same length of time as patient	Upon recovery with a minimum of 21 days after development of cough