

# A Guide to Common Infectious Diseases for Schools



Adapted with permission from *Well Beings: A Guide to Health in Child Care* (3<sup>rd</sup> Edition), Canadian Paediatric Society, 2008

This guide contains information on common infectious diseases in school settings. Some diseases are required to be reported to Public Health under the *Health Protection and Promotion Act*, R.S.O. 1990, c.H.7 and schools must follow the mandatory exclusion criteria in the guide. These diseases are **highlighted with their explicit exclusion criteria**.

Recommendations on exclusion for non-reportable diseases can also be found in this guide.

## To report a disease, outbreak, or request an advisory call Public Health

Monday – Friday 8:30 a.m. – 4:30 p.m.	<b>1-800-265-7293 ext. 4752</b>
After hours and holidays	<b>1-877-884-8653</b>
Reportable Disease Fax Line	<b>855-934-5463 or 855-WDG-LINE</b>

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For vaccine-related questions	<b>1-800-265-7293</b>
Immunization Records Fax Line	<b>519-836-7215</b>

## Terms Used in This Guide

**Case:** A person (staff or child) with a suspected or laboratory-confirmed disease. Suspected diseases should be diagnosed by a physician or nurse practitioner.

**Outbreak:** A sudden or unusual increase in the number of students absent due to illness with similar symptoms above what you would expect.

**Direct Contact:** Infection is spread from an infected person to a healthy person through direct physical contact with blood or bodily fluids (e.g., touching secretions from the nose or throat, or touching a body lesion and subsequently touching one's own mucous membranes).

**Indirect Contact:** Infection is spread through contact with surfaces or objects contaminated with the infected person's body fluids, or if a healthy person inhales infectious respiratory droplets when the infected person coughs or sneezes into the air.

**Symptom-free (for gastroenteritis):** The specified period of time (e.g., 24 or 48 hours) after the last episode of vomiting and/or diarrhea.

## Ways to Prevent the Spread of Illness – General Control Measures

- Cover your mouth and nose when you cough or sneeze. Use a tissue or the bend in your elbow, not your hands.
- Wash your hands for at least 15 seconds using soap and water after using the washroom, coughing, sneezing, blowing your nose and before eating.
- Use an alcohol-based hand sanitizer to clean hands when they are not visibly soiled or dirty or when soap and water are not available.
- Avoid sharing items that may come in contact with your mouth (straws, drinks, cigarettes, lip balm, lipstick, mouth guards etc.)
- Follow routine practices when providing first aid or when there is potential contact with blood or bodily fluids.
- Clean and disinfect high-touch surfaces within the school to prevent the spread of infections.

## Common Infectious Diseases

Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/ Notification	Advisory
<b>Viral Respiratory Infections</b>						
<p><b>Viral Respiratory Infections</b></p> <p>Viruses include:</p> <ul style="list-style-type: none"> <li>• Respiratory syncytial virus (RSV)</li> <li>• Parainfluenza virus</li> <li>• Influenza</li> <li>• Adenovirus</li> <li>• Coronavirus</li> <li>• Metapneumovirus</li> </ul>	<p>Viruses in the nose and throat spread person to person through:</p> <p>Direct contact with respiratory secretions or contaminated hands.</p> <p>Indirect contact with toys, tissues or other objects contaminated with respiratory secretions, or droplets from coughs and sneezes.</p>	<p><b>Common cold:</b> Runny nose, cough, sneezing, sore throat, headache and possibly fever.</p> <p><b>Bronchiolitis:</b> Cough, laboured breathing, wheezing and fever.</p> <p><b>Croup:</b> Hoarseness, barking cough, fever and breathing that is rapid, laboured or noisy.</p> <p><b>Influenza:</b> Fever, chills, cough, headache and muscle pains.</p> <p><b>Pneumonia:</b> Fever, cough, rapid or laboured breathing, and poor skin colour.</p>	<p>Depends on the virus but usually lasts 3 to 8 days (longer for children with a weakened immune system).</p> <p>Most infectious while symptoms are present.</p>	<p><b>Recommended Exclusion Criteria</b></p> <p><b>Common cold:</b> No, unless the child is too ill to participate in all program activities.</p> <p><b>Bronchiolitis, croup, influenza, pneumonia:</b> Yes, until the child is well enough to participate in all program activities.</p>	No.	Yes.
<p><b>Bacterial Pneumonia</b></p>	<p>Bacteria are usually present in the nose and throat and can cause disease if they get into the lungs.</p>	<p>Fever, cough, rapid or laboured breathing, and poor skin colour.</p>	<p>Usually not considered contagious.</p>	<p><b>Recommended Exclusion Criteria</b></p> <p>Yes, until the child is well enough to participate in all program activities.</p>	No.	No.

Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/Notification	Advisory
<b>Gastrointestinal Infections</b>						
<b>Gastrointestinal Infections and Outbreaks</b> (Gastroenteritis, stomach flu)	Caused by a bacteria, virus or parasite.  Spread person to person through the fecal-oral route by direct contact or indirect contact with objects such as toys or surfaces contaminated with stool. Also can be spread through contaminated water.	Depends on cause but includes vomiting and/or diarrhea.	Depends on cause.	<b>Recommended Exclusion Criteria</b>  <b>Single cases:</b> Exclude until child is symptom-free for 24 hours after the last episode of diarrhea and/or vomiting.	Refer to individual diseases for reporting requirements of single cases.  <b>Report outbreaks to 1-800-265-7293 ext. 4752 during regular business hours.</b>	An advisory may be issued after consultation with Public Health.
<b>Campylobacter</b> (Gastroenteritis)	Bacteria usually ingested in contaminated food (e.g., undercooked meat and poultry, raw (unpasteurized) milk, or water.  Spread person to person by direct or indirect contact with stool.	Fever, diarrhea (often with blood and/or mucous in stool) and cramps.	Bacteria excreted in stool for 2 to 3 weeks.  Most contagious during the early stages of illness.  Relapses can occur.	<b>Required Exclusion Criteria</b> Yes, until child is symptom-free for 24 hours <u>or</u> 48 hours symptom-free after completion of antibiotic or anti-diarrheal medications.	<b>Report to 1-800-265-7293 ext. 4752 during regular business hours.</b>	Yes.
<b>Escherichia Coli: 0157</b> (E. coli, gastroenteritis)	Bacteria usually ingested in contaminated food (e.g., poultry; beef and beef products such as ground beef; raw (unpasteurized) milk and dairy products; unpasteurized apple juice; raw vegetables; or water contaminated with animal or human feces.  Also spread person to person by direct or indirect contact with stool; and animal to person (e.g., farms, petting zoos).	Starts as non-bloody diarrhea, usually progressing to visibly bloody stools with severe abdominal pain. Fever not present in most cases.  Children under 5 years are most frequently diagnosed with infection and are at greatest risk of developing Hemolytic Uremic Syndrome (HUS).	Bacteria excreted in stool for about a week.  Infectious as long as diarrhea lasts.	<b>Required Exclusion Criteria</b> Yes, until diarrhea subsides and 2 negative stool samples or rectal swabs collected at least 24 hours apart <u>and</u> at least 48 hours after completion of antibiotic and/or anti-diarrheal medications.	<b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b>	Yes.
<b>Giardiasis</b> (Beaver fever, gastroenteritis)	Parasites in the stool are spread person to person by direct or indirect contact with stool or are ingested in contaminated food or water.	Watery diarrhea and recurrent abdominal pain. Some children have chronic diarrhea with foul-smelling stools, a distended stomach and	Infectious as long as cysts are in the stool which can be from weeks to months.	<b>Required Exclusion Criteria</b> Yes, until child is symptom-free for 24 hours with or without antiprotozoal/antibiotic treatment <u>or</u>	<b>Report to 1-800-265-7293 ext. 4752 during regular business hours.</b>	Yes.

Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/Notification	Advisory
		weight loss. Many infected children have no symptoms.		symptom-free for 48 hours after anti-diarrheal medication is discontinued.		
<b>Norovirus</b> (Gastroenteritis)  <b>Common cause of outbreaks in institutions or the community.</b>  Common during the winter months.	Viruses in the stool or vomit spread easily from person to person by direct or indirect contact with stool, vomit and contaminated surfaces (e.g., carpets and objects such as toys and contaminated food or water).	Sudden onset of watery diarrhea, vomiting, cramps, headache, fever, chills and sore throat.  Symptoms last for 1 to 2 days.	Infectious from onset of symptoms and up to 48 hours after diarrhea has resolved.  Prolonged shedding of virus in stool can occur.	<b>Recommended Exclusion Criteria for Single Cases</b> Exclude until child is symptom-free for 24 hours after the last episode of diarrhea and/or vomiting.	No.	An advisory may be issued after consultation with Public Health.
<b>Rotavirus</b> (Gastroenteritis)  <b>Common cause of outbreaks in institutions or the community</b>  Common during the winter months.	Viruses in the stool spread easily from person to person by direct or indirect contact with stool and contaminated surfaces (e.g., carpets and objects such as toys, and contaminated food and water).	High fever and vomiting followed within 12 to 24 hours by profuse, watery diarrhea.  Symptoms last for 4 to 6 days.	Infectious just before onset of symptoms and as long as 3 weeks later.	<b>Recommended Exclusion Criteria for Single Cases</b> Exclude until child is symptom-free for 24 hours after the last episode of diarrhea and/or vomiting.	No.	An advisory may be issued after consultation with Public Health.
<b>Salmonella Typhi</b> (Typhoid fever, gastroenteritis)	Bacteria in the stool are spread from person to person by direct or indirect contact with stool, or are ingested in contaminated water and food (e.g., shellfish, particularly oysters).	Diarrhea, cramps and fever.	Infectious as long as bacteria are in the stool which can be many weeks.	<b>Required Exclusion Criteria</b> Yes, until 3 negative cultures are collected at least 48 hours apart <b>and</b> after a specified time period has passed depending on antibiotic treatment prescribed.	<b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business 1-877-884-8653 after hours.</b>	No.
<b>Salmonella Non-typhi</b> (Gastroenteritis)	Bacteria are usually ingested in contaminated food (e.g., meat and meat products; chicken and chicken products such as raw or undercooked chicken nuggets; raw or undercooked eggs; raw (unpasteurized) milk and milk products; raw fruit and	Sudden onset of headache, fever, cramps, diarrhea (may contain blood), nausea and sometimes vomiting.	Infectious as long as bacteria are in the stool which may be up to 7 weeks in children under 5 years of age.	<b>Required Exclusion Criteria</b> Yes, until the child is well enough to participate in all program activities and symptom-free for 24 hours <b>or</b> 48 hours symptom-free after discontinuing the use	<b>Report to 1-800-265-7293 ext. 4752 during regular business hours.</b>	No.

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	<p>vegetables.</p> <p>May also be acquired through contact with reptiles (e.g., snakes, lizards, iguanas, tortoises, turtles) and amphibians (e.g., frogs, toads, newts and salamanders) as well as feeder rodents, chicks and other baby poultry.</p> <p>Bacteria in stool are spread person to person by direct or indirect contact with stool.</p>			of anti-diarrheal medication.		
<p><b>Shigellosis</b> (Gastroenteritis)</p>	<p>Bacteria in stool are spread person to person by direct or indirect contact with stool.</p> <p>The infectious dose for humans is low and as few as 10 to 100 bacteria can cause disease.</p>	<p>Watery diarrhea with or without blood and/or mucous, fever and cramps.</p>	<p>Infectious as long as bacteria are in the stool; this can be up to 4 weeks after illness.</p>	<p><b>Required Exclusion Criteria</b> Yes, until one negative stool sample or rectal swab is collected at least 24 hours after symptoms have resolved <u>or</u> 48 hours after completion of antibiotic treatment.</p>	<p><b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b></p> <p>Other children, staff or household contacts with symptoms may need testing.</p>	<p>No.</p>
<p><b>Yersiniosis</b> (Gastroenteritis)</p>	<p>Bacteria are ingested in contaminated food (e.g., raw or undercooked meats such as pork, beef, lamb; oysters and fish; raw (unpasteurized) milk; water and soil. Contact with infected puppies and kittens may also be a source.</p> <p>Person-to-person spread is rare.</p>	<p>Fever and diarrhea (often with blood and/or mucous in stool).</p>	<p>Infectious as long as bacteria are in the stool; this can be up to 2 to 3 weeks.</p>	<p><b>Required Exclusion Criteria</b> Yes, until 24 hours symptom-free <u>or</u> 48 hours after completion of antibiotic treatment or anti-diarrheal medications.</p>	<p><b>Report to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b></p>	<p>No.</p>



Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/Notification	Advisory
<b>Other Illnesses</b>						
<b>Chickenpox</b> (Varicella)	<p>Viruses in the throat and from skin lesions spread easily from person to person through the air and can travel large distances.</p> <p>Viruses in skin lesions spread by contact with fluid from blisters.</p> <p>Virus stays in the body for life and may recur as shingles. Viruses can spread by direct contact with shingles if lesions are not covered.</p>	Fever and itchy rash. Crops of small red spots turn into fluid-filled blisters that crust over within a few days and become itchy.	Infectious from 2 days before rash starts until all blisters have crusted over and dried (usually about 5 days after start of rash).	<b>Required Exclusion Criteria</b> Children with mild chickenpox can attend school regardless of the state of their rash as long as they feel well enough to participate in all program activities	<p><b>Report cases to 1-800-265-7293 ext. 4752 during regular business hours</b></p> <p>Use the <i>Chickenpox Reporting Form</i> to keep track of <u>additional</u> cases and fax the form to Public Health at the end of each month.</p> <p>Non-immune children and staff may need to see a doctor right away. Preventive treatment (vaccine or immune globulin) may be needed.</p> <p>Refer exposed pregnant women to the section in this guide on Infectious Diseases of Concern During Pregnancy.</p>	Yes.
<b>Cold Sores</b> (Herpes simplex type 1 virus)	<p>Viruses spread person to person by direct contact with mucous membranes (mouth, nose and eyes) with cold sores or saliva.</p> <p>Virus persists in the body for life and infections may recur.</p>	Range from no symptoms to a simple cold sore or many painful ulcers in mouth and a high fever.	<p>Infectious for at least a week during the first infection.</p> <p>Recurrences are less contagious for a shorter time.</p>	<b>Recommended Exclusion Criteria</b> A child with simple cold sores may continue to attend school.	No.	No.
<b>Conjunctivitis</b> (Pink eye)	<p>Bacterial or viral.</p> <p>Germs spread easily by direct and indirect contact with eye secretions, or droplets from coughs and sneezes when associated with a respiratory</p>	Scratchy, painful or itchy red eyes, light sensitivity and tearing with purulent (pus) or mucous discharge.	<p><b>Bacterial:</b> Infectious until 24 hours of appropriate antibiotic treatment received.</p> <p><b>Viral:</b> Infectious as long as there is eye discharge.</p>	<b>Recommended Exclusion Criteria</b> A child with bacterial conjunctivitis can return to school after 24 hours of appropriate antibiotic	No.	Yes.

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	virus. It can also be caused by an allergy or eye irritation.			treatment. Please note: If over-the-counter antibiotic ointments are used and if symptoms do not show improvement after 48 hours exclude the child until seen by a physician and treated with a prescribed antibiotic for 24 hours.		
<b>Cytomegalovirus</b> (CMV Infection)	Viruses in saliva and urine spread by direct contact. Virus persists in the body for life and infections may recur.	Children usually have no symptoms. Can infect a fetus if the mother is infected or re-exposed during pregnancy.	Infectious as long as virus is in the urine and saliva which can be for months in many healthy infants.	<b>Recommended Exclusion Criteria</b> A child with CMV infection may continue to attend school.	No. Refer exposed pregnant women to the section in this guide on Infectious Diseases of Concern During Pregnancy.	Yes.
<b>Fifth Disease</b>	See Parvovirus B19.					
<b>Group A Strep Infections</b>	See Streptococcal Infections (Invasive Group A <i>Streptococcus</i> ).					
<b>Haemophilus Influenzae B Disease</b> (Hib)	Bacteria in mouth and nose are spread person to person by direct contact with (and inhalation of) respiratory droplets. Does not spread easily and requires prolonged close contact.	Causes fever and pneumonia, meningitis, epiglottitis in addition to blood, bone and joint infections. Symptoms develop rapidly.	Infectious until at least 24 to 48 hours of appropriate antibiotic therapy received.	<b>Required Exclusion Criteria</b> Yes. A child can return to school after completing at least 24 to 48 hours of appropriate antibiotic therapy and a doctor has determined the child is well enough to participate in all program activities.	<b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b> Antibiotic treatment or vaccine may be required for exposed children.	Yes.
<b>Hand-foot-and-mouth Disease</b> (Coxsackie virus)	Intestinal viruses spread person to person by direct or indirect contact with stool, or nose and	Fever, headache, sore throat, small painful mouth ulcers and a rash (small red spots or small	Most infectious during the first week of illness. Virus can remain in stool for up to 11 weeks after onset of	<b>Recommended Exclusion Criteria</b> Children can attend school as long as they feel well	No.	Yes.

Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/Notification	Advisory
	throat secretions. Usually occurs in children, particularly in the summer months.	blisters) usually on the hands and feet.	illness.	enough to participate in all program activities.		
<b>Head lice (Pediculosis)</b>	Head lice are tiny, wingless bugs that live on the head. They are about the size of a sesame seed and usually grey to reddish-brown in colour.  Head lice spread through direct hair-to-hair contact or indirectly by sharing hats, combs, hairbrushes and headphones. Head lice do not fly or hop but do crawl very quickly.	Presence of lice or nits (eggs) in hair; head scratching.	Nits are the eggs of mature head lice. Nits are small, yellowish-white ovals that are about half the size of a pinhead. They can appear darker in persons with dark hair. Nits hatch in seven to ten days. The baby lice are called nymphs. They look like adult lice, only smaller. Nymphs cannot lay eggs until they mature, which takes about seven days.  Adult lice can live for up to 30 days on a persons head but they die within 3 days away from the scalp.	Refer to school policy regarding management of pediculosis in students and classrooms.	No.  Public Health does not have a role in the management of head lice in schools.  Information on head lice can be accessed by calling Telehealth Ontario 1-866-797-0000 or consulting a pharmacist for appropriate treatment and/or talking to your family physician.	No.
<b>Hepatitis A Virus (HAV)</b>	Virus in stool spread person to person by direct or indirect contact with stool, or contaminated food or water.	Tea-coloured urine, jaundice and fever. Most young children do not get sick but can still spread the virus to others.  Older children and adults are more likely to have symptoms.	Most infectious 2 weeks before onset of illness until 7 days after onset of jaundice.	<b>Required Exclusion Criteria</b> Yes. Exclude for 14 days from onset of illness (unless all other children and staff have received preventive treatment).	<b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b>  Contacts may need vaccine and/or immune globulin.	Yes.

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<b>Hepatitis B Virus*</b> (HBV)	Virus in blood and other body fluids (e.g., saliva and genital secretions). Mainly transmitted through sexual intercourse, from mother to newborn, by sharing contaminated injection equipment or by transfusion of unscreened blood.  May be transmitted if an open cut or the mucous membranes (eyes or mouth) are exposed to blood.	Young children almost always have no symptoms.  Older children and adults may have fever, fatigue and jaundice.	Infectious as long as the virus is in the blood and body fluids.  May persist for life, especially in infants infected at birth.	<b>Required Exclusion Criteria</b> No. A child with HBV can participate in all program activities.  Parents/legal guardians are not legally required to disclose that their child has a blood-borne disease.	<b>Report to 1-800-265-7293 ext. 4752 during regular business hours.</b>  *Contact Public Health about any bite that breaks the skin. Blood tests may be required.  Staff should follow routine practices when providing first aid or when there is potential contact with blood or bodily fluids.	No.
<b>Hepatitis C Virus**</b> (HCV)	Virus in blood. Mainly transmitted from mother to newborn. Also by sharing contaminated injection equipment or by transfusion of unscreened blood.  May be transmitted if an open cut or the mucous membranes (eyes or mouth) are exposed to blood.	Young children almost always have no symptoms.  Older children and adults may have fever and fatigue.	Infectious as long as the virus is in the blood.  May persist for life.	<b>Required Exclusion Criteria</b> No. A child with HCV can participate in all program activities.  Parents/legal guardians are not legally required to disclose that their child has a blood-borne disease.	<b>Report to 1-800-265-7293 ext. 4752 during regular business hours.</b>  **Contact Public Health about any bite that breaks the skin. Blood tests may be required.  Staff should follow routine practices when providing first aid or when there is potential contact with blood or bodily fluids.	No.
<b>Human Immunodeficiency Virus***</b> (HIV)	Virus in blood, genital secretions and breastmilk. Children usually acquire HIV from their mothers before, during or after birth (by breastfeeding). Otherwise, transmitted through sexual intercourse, by sharing contaminated injection equipment	Children usually have no symptoms.	Infectious as long as the virus is in the blood and body fluids, presumably for life.	<b>Required Exclusion Criteria</b> No. A child with HIV can participate in all program activities.  Parents/legal guardians are not legally required to	<b>Report to 1-800-265-7293 ext. 4752 during regular business hours.</b>  ***Contact Public Health about any bite that	No.

Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/Notification	Advisory
	<p>or by transfusion of unscreened blood.</p> <p>May be transmitted if an open cut or the mucous membranes (eyes or mouth) are exposed to a large amount of blood.</p>			disclose that their child has a blood borne-disease.	<p>breaks the skin. Blood tests may be required.</p> <p>Staff should follow routine practices when providing first aid or when there is potential contact with blood or bodily fluids.</p>	
<b>Impetigo</b>	<p>Bacterial infection of the skin caused by Group A <i>Streptococcus</i> or <i>Staphylococcus aureus</i> bacteria. Can occur after a scrape or insect bite.</p> <p>Both spread person to person by direct contact (e.g., by touching skin lesions) or indirect contact such as in contaminated bed linens or clothing.</p>	Fluid-filled blisters usually around the mouth or nose, but may occur elsewhere. Blisters break, ooze and become covered by a honey-coloured crust.	Infectious until lesions have dried up. If Group A <i>Streptococcus</i> , until 24 hours after first dose of an appropriate antibiotic.	<b>Recommended Exclusion Criteria</b> Exclude the child if draining lesions cannot be kept covered. For Group A <i>Streptococcus</i> infections, until 24 hours of appropriate antibiotic treatment received.	No.	Yes.
<b>Measles</b>	Viruses in respiratory secretions spread easily from person to person through the air.	High fever, cough, runny nose and red eyes 2 to 4 days before a rash first appears on the face, then over entire body.	Highly infectious from 4 days before and up to 4 days after the rash appears.	<b>Required Exclusion Criteria</b> A child with measles cannot return to school until at least 4 days after onset of rash.  Staff and children who are not immunized or have only 1 MMR vaccination may be excluded until the outbreak is declared over or until they receive a second dose of MMR vaccine which must be at least 28 days after the first dose.	<b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b>  Exposed susceptible children and staff may need vaccine or immune globulin within 72 hours of the first contact.	Yes.
<b>Meningitis, Bacterial and Viral</b>	<b>Bacterial:</b> See Meningococcal disease and Haemophilus influenzae type b (Hib) disease. <b>Viral:</b> Caused by many different viruses. Enteroviruses are more	<b>Bacterial:</b> Sudden onset of high fever, severe headache, vomiting, confusion, lethargy, extreme irritability, stiff neck, seizures and a	<b>Bacterial meningitis:</b> Infectious until 24 to 48 hours of appropriate antibiotic therapy received.	<b>Required Exclusion Criteria</b> A child can return to school after receiving at least 24 to 48 hours of appropriate antibiotic treatment (for	<b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or</b>	Yes.

Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/ Notification	Advisory
	common in school settings. Viruses in saliva and stool are spread by direct or indirect contact.	bulging fontanel in babies under 18 months old. Usually progresses rapidly. Child may have a rapidly spreading, bruise-like rash.  <b>Viral:</b> Usually milder, often fever and irritability only.	<b>Enteroviruses:</b> Found in saliva for only a few days but can remain in stool for 4 weeks after onset of illness.	bacterial meningitis) and a doctor has determined the child has recovered and feels well enough to participate in all program activities.	<b>1-877-884-8653 after hours.</b>  Antibiotic treatment or vaccine may be recommended for some or all exposed children and staff.	
<b>Meningococcal Disease</b> (Bacterial meningitis)	Meningococcus is a bacterium found in the mouth and respiratory secretions. Does not spread easily but can be transmitted by close, direct contact (e.g., with saliva or respiratory droplets).	Usually causes a blood infection or meningitis (serious infection of the membranes that cover the brain and spinal cord) with high fever and rapid progression to shock (decreased responsiveness and poor skin colour). Child may have a distinctive rash that starts as small red spots but rapidly progresses to large red-purple bruises.	Infectious 7 days before illness until after 24 hours of appropriate antibiotic treatment received.	<b>Required Exclusion Criteria</b> A child can return to school after receiving at least 24 hours of appropriate antibiotic therapy and a doctor has determined the child has recovered and feels well enough to participate in all program activities.	<b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b>  Exposed children and staff may need antibiotic treatment and/or vaccination.	Yes.
<b>Molluscum Contagiosum</b> (Non-plantar warts)	Skin infection caused by a virus. Spread person to person by direct (skin-to-skin) contact with lesions or indirect contact (e.g., with bed linens contaminated with material from the lesions).  Not very contagious.	Smooth, shiny pinkish-white bumps with a dip in the middle and a cheesy material inside, anywhere on the body	Unknown.  Molluscum disappears after several months without treatment.	<b>Recommended Exclusion Criteria</b> No. A child with molluscum contagiosum may continue to attend school.	No.	No.
<b>Mononucleosis</b> (Mono)	Caused by the Epstein-Barr virus (EBV). Virus is found in saliva and spread through direct contact (e.g., coughing, sneezing and kissing) and indirect contact such as sharing cups, drinking bottles and utensils.	Fatigue, weakness, fever, severe sore throat, large red tonsils covered in pus, swollen lymph nodes in neck, armpits and groin, and enlarged spleen.	Infectious for a year or longer.	<b>Recommended Exclusion Criteria</b> A child may return to school when they are well enough to participate in all program activities.	No.	No.

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<b>Mumps</b>	Virus in saliva and respiratory secretions spreads easily from person to person by direct contact (e.g., kissing or respiratory droplets).	Fever and swollen glands at the jaw line or on the face, and headache.	Infectious from 7 days before onset of swelling until 5 days after.	<p><b>Required Exclusion Criteria</b> Yes, for 5 days from the onset of swelling.</p> <p>Staff and children who are not immunized or have only 1 MMR vaccination may be excluded until the outbreak is declared over or until they receive a second dose of MMR vaccine which must be at least 28 days after the first dose.</p>	<p><b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b></p> <p>Vaccination for non-immune contacts may be required.</p>	Yes.
<b>Otitis Media</b> (Middle ear infections)	Viral or bacterial, usually a complication of the common cold. Non-contagious.	Earache, irritability and possibly fluid draining from ears. Child may have fever or cold symptoms.	Non-contagious.	<p><b>Recommended Exclusion Criteria</b> No, unless child is too ill to participate in program activities.</p>	No.	No.
<b>Parvovirus B19 Infection / Fifth Disease</b> (Erythema infectiosum, slapped-cheek syndrome)	Virus in respiratory secretions spreads by direct contact and (possibly) respiratory droplets.  Can also be transmitted from mother to child before birth.	Intense red rash on the cheeks followed by a lace-like rash on the torso and arms that spreads to the rest of the body. Sometimes preceded by a low-grade fever or cold symptoms 7 to 10 days before rash appears.	Infectious for several days before the rash and non-infectious once rash appears.	<p><b>Recommended Exclusion Criteria</b> No. Once rash appears, a child is no longer contagious.</p> <p>Refer to school policy on exclusion of exposed pregnant women.</p>	No.  Advise exposed pregnant women to contact their doctor. Refer to section in this guide on Infectious Diseases of Concern During Pregnancy.	Yes.
<b>Pertussis</b> (Whooping cough, 100 day cough)	Bacteria in respiratory secretions spread easily from person to person by droplets from coughs and sneezes.	Runny nose, frequent and severe coughing spells sometimes followed by a whooping sound, gagging or vomiting. Babies may have serious difficulty breathing.	Infectious for up to 3 weeks from onset of illness if not treated and for 5 days if appropriate antibiotic treatment is received.	<p><b>Required Exclusion Criteria</b> Yes. Cases and contacts under the age of 7 who are not immunized or under immunized may be excluded until 5 days of appropriate antibiotic treatment received.</p>	<p><b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b></p> <p>Household contacts of cases, specifically infants under 1 year of</p>	Yes.



Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/ Notification	Advisory
					age and pregnant women in the third trimester, may need antibiotic treatment.	
<b>Pinworms</b>	Worm eggs spread by direct contact (e.g., contaminated fingers) or indirect contact such as contaminated bed linens, clothing and toys. Worm eggs are ingested.	Anal itching, disturbed sleep and irritability.	Infectious as long as worm eggs are being laid on skin.  Worm eggs can survive for several weeks outside the body.	<b>Recommended Exclusion Criteria</b> Yes. A child can return to school once they complete treatment with appropriate medication prescribed by a physician.	No.	Yes.
<b>Pink Eye</b>	See Conjunctivitis.					
<b>Pneumococcal Disease</b>	Bacteria are normally found in the nose and throat and usually do not cause infection.  Possible person-to-person spread by close, direct contact with mouth secretions (e.g., kissing or respiratory droplets).	Usually an ear or sinus infection following a cold.  Invasive infections include fever and pneumonia, meningitis in addition to blood, bone and joint infections. Symptoms develop rapidly.	Not usually considered infectious. Probably not transmissible after 24 hours of appropriate antibiotic therapy.	<b>Recommended Exclusion Criteria</b> No, for minor illness (e.g., ear infections and sinusitis).  A child with serious illness can return to school once a doctor has determined child is well enough to participate in all program activities.	No.	No.
<b>Ringworm (Tinea)</b>	Fungus spreads from person to person by direct contact (skin-to-skin), and indirect contact (e.g., shared combs, unwashed clothes, and shower or pool surfaces).  Also acquired from pets, especially cats.	Ring-shaped itchy, scaly lesions on scalp, body or feet (Athlete's foot). Bald spots on the scalp.	Transmissible as long as rash is untreated and/or uncovered.	<b>Recommended Exclusion Criteria</b> Yes, until the first treatment has been applied.	No.	Yes.
<b>Roseola</b>	Virus probably spreads from person to person by direct and indirect contact with nose/mouth secretions or respiratory droplets.  Often found in saliva of people with no symptoms.	High fever and crankiness for 3 to 5 days. When the fever subsides, a rash of small red spots appears on the face and body, lasting a few hours to 2 days.	Infectious while symptoms are present.	<b>Recommended Exclusion Criteria</b> No. A child with roseola can continue to attend school if well enough to participate in all program activities.	No.	No.



Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/Notification	Advisory
<b>Rubella</b> (German measles)	Virus spreads from person to person by direct contact with nose/mouth secretions or respiratory droplets.	Mild in children with low fever, swollen glands in the neck and behind the ears, and a rash with small red spots.  More severe in adults. If acquired in pregnancy, may seriously affect the fetus.	Infectious from 7 days before to 7 days after the rash appears.	<b>Required Exclusion Criteria</b> Yes, for 7 days after the rash is first noticed. Children and staff who are not immune would be excluded for the duration of the outbreak and recommended MMR vaccination.  Note: MMR vaccine cannot be given during pregnancy.	<b>Report any case immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b>  Advise pregnant women who are unsure of their immune status to see their doctor. Refer to the section in this guide on Infectious Diseases of Concern During Pregnancy.	Yes.
<b>Scabies</b>	Mites that burrow under the skin. Spread person to person by direct (prolonged, close and intimate) contact.	Itchy red rash usually between fingers and toes, or in the wrists or groin, with thread-like lines and scratch marks. Intense itching especially at night. May be elsewhere on the body in children under 2 years of age.	Transmissible as long as infestation is untreated.	<b>Recommended Exclusion Criteria</b> Yes, until the first treatment has been applied.	No.	Yes.
<b>Scarlet Fever</b>	See Streptococcal Infections.					
<b>Shingles</b> (A reactivation of the chickenpox virus)	Spreads easily through direct contact with fluid in the blister.  A person who is exposed to someone with shingles and who has never had chickenpox will get chickenpox rather than shingles.  You cannot get shingles from someone who has shingles.	Painful patch of blisters on the skin which may appear in crops along nerve pathways on one side of the body.  Blisters may last 7 to 10 days and heal within 2 to 4 weeks. Residual nerve pain may last for months or years.	Less infectious than chickenpox. Infectious until the rash has developed crusts.	<b>Recommended Exclusion Criteria</b> No. Blisters should be covered until crusted over.	No.  Non-immune children and staff may need to see a doctor right away.  Preventive treatment (antiviral medication, vaccine or immune globulin) may be needed.  Refer exposed pregnant women to the section in	No.

Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/Notification	Advisory
					this guide on Infectious Diseases of Concern During Pregnancy.	
<b>Strep Throat</b>	See Streptococcal Infections.					
<ul style="list-style-type: none"> <li>• <b>Streptococcal Infections (Non-invasive)</b></li> <li>• <b>Strep Throat</b></li> <li>• <b>Scarlet Fever</b></li> </ul>	Bacteria in throat spread person to person by direct contact or indirect contact with saliva or respiratory droplets.	<p><b>Strep Throat:</b> Sore throat, fever and swollen tender neck glands.</p> <p><b>Scarlet Fever:</b> High fever, vomiting, red sandpaper-like rash covering the entire body, strawberry tongue, red cheeks and whiteness around mouth.</p>	Infectious from onset of illness until 24 hours of appropriate antibiotic treatment received.	<p><b>Recommended Exclusion Criteria</b></p> <p>Yes. A child can return to school after receiving at least 24 hours of appropriate antibiotic treatment and a doctor has determined the child has recovered and feels well enough to participate in all program activities.</p>	Report to 1-800-265-7293 ext. 4752 during regular business hours.	Yes.
<ul style="list-style-type: none"> <li>• <b>Streptococcal Infections</b></li> <li>• <b>Invasive Group A Streptococcus (GAS)</b></li> <li>• <b>Toxic Shock Syndrome (TSS)</b></li> <li>• <b>Necrotizing Fasciitis (Flesh-eating disease)</b></li> </ul>	<p>Some strains of GAS cause invasive disease.</p> <p>Bacteria spread person to person by direct contact with skin lesions or respiratory droplets.</p> <p>Children are at highest risk of infection within 2 weeks of having chickenpox.</p>	<p><b>Toxic Shock Syndrome (TSS):</b> Fever, dizziness, confusion and abdominal pain.</p> <p><b>Necrotizing Fasciitis:</b> Fever, severe, painful localized swelling and a rapidly spreading red rash.</p>	Infectious until 24 hours of appropriate antibiotic treatment received.	<p><b>Required Exclusion Criteria</b></p> <p>Yes. A child can return to the school once they have received at least 24 hours of appropriate antibiotic therapy and a doctor has determined the child is recovered and well enough to participate in all program activities.</p>	<p><b>Report any case of invasive GAS immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b></p> <p>Antibiotic treatment may be required for all exposed contacts, especially if chickenpox is also present.</p>	Yes.
<b>Thrush and Candida Diaper Rash</b>	<p>Fungus is normally present in the body without causing illness and rarely spreads from person to person.</p> <p>Thrush can be transmitted to an infant by contact with contaminated bottle nipples or soothers.</p>	<p>Thrush presents as whitish-gray patches on the inside of the cheek or on the tongue.</p> <p><i>Candida</i> diaper rash is a painful bright-red rash in the deepest creases of a baby's groin, on the</p>	Usually not spread from person to person.	No.	No.  Make sure bottle nipples and soothers are not shared between children.	No.

Illness	Spread	Signs/Symptoms	Infectious Period	Exclusion	Reporting/Notification	Advisory
		buttocks or in moist neck folds.				
<p><b>Tuberculosis (TB)</b></p> <p><b>Active TB</b> (Infectious)</p> <p><u>OR</u></p> <p><b>Latent or Inactive TB</b> (Not infectious)</p>	Bacteria from the lungs spread through the air in respiratory secretions produced by coughing.	Most children with active TB do not show symptoms. Older children, adolescents and adults with active TB present with fever, cough, coughing up blood, weight loss and night sweats.	<p>A person with active TB is infectious as long as bacteria are in the respiratory secretions.</p> <p>A person with latent or inactive TB is not infectious.</p>	<p><b>Required Exclusion Criteria</b></p> <p><b>For active TB:</b> Exclude until the treating physician or Public Health advises that the child or staff is no longer infectious.</p> <p><b>For latent or inactive TB:</b> No exclusion.</p>	<p><b>Report staff or child with suspected or physician diagnosed active TB immediately to 1-800-265-7293 ext. 4752 during regular business hours or 1-877-884-8653 after hours.</b></p> <p>Exposed children and adults may need testing and antibiotic treatment.</p>	Yes.

## Infectious Diseases of Concern During Pregnancy

Some infectious diseases found in school and child care settings may be a risk to pregnant women. The best way to protect against serious infections is to prevent them.

### Before trying to become pregnant:

- Wash or sanitize your hands often throughout the day.
- Keep your immunizations up-to-date. If you are unsure what vaccines you should get, talk to your doctor or health care professional.
- Tell your doctor you are thinking about getting pregnant. **Discuss having a blood test to check for your immunity to rubella (German measles), chickenpox, fifth disease, cytomegalovirus (CMV) and hepatitis B.**
- Wait at least one month to get pregnant after you get the vaccine for varicella (chickenpox); and measles, mumps and rubella (MMR).

**If you have questions about an exposure during pregnancy, call 1-800-265-7293 ext. 4752**

### If you are pregnant:

- Wash or sanitize your hands often throughout the day.
- Get a flu shot. It can be given safely during pregnancy.
- Have your doctor or health care professional order a blood test to check for your immunity to rubella (German measles), chickenpox, fifth disease and cytomegalovirus (CMV).
- Make sure the meat you eat is well cooked.
- Do not eat hot dogs, luncheon or deli meats.
- Do not drink unpasteurized milk or eat cheese made from unpasteurized milk.
- Avoid direct contact with soil and sand.
- Avoid changing cat litter.



Infectious Disease	How is it spread?	What are the concerns / complications?	What do you do if you are exposed?
<p><b>Chickenpox</b> (Varicella)</p>	<p>A virus that spreads easily through the air and through direct contact with the fluid in the chickenpox blister.</p>	<p>Depends on stage of pregnancy.</p> <p>Birth defects can occur if the mother develops chickenpox within the first 20 weeks of pregnancy.</p> <p>If the mother develops chickenpox from 5 days before to 2 days after giving birth, the newborn may develop severe chickenpox.</p>	<p>If you think you have never had chickenpox, call your doctor as soon as you know you have been exposed to the virus.</p> <p>Ask to have your blood tested to check if you have immunity to the chickenpox virus.</p> <p>Pregnant women who are not immune to chickenpox can receive a specially prepared immune globulin called VariZIG.</p> <p><b>Prevention</b> If you plan to become pregnant and are not immune to chickenpox, you can get a vaccine to protect against chickenpox. It should be given at least one month prior to becoming pregnant.</p>
<p><b>Shingles</b> (A reactivation of the chickenpox virus)</p>	<p>Spreads easily through direct contact with fluid in the blister.</p> <p>A person who is exposed to someone with shingles and who is not immune to chickenpox will get chickenpox rather than shingles.</p>	<p>See above.</p>	<p>See above.</p>
<p><b>CMV</b> (Cytomegalovirus)</p>	<p>A virus that spreads through contact with body fluids including saliva, urine, feces, tears, cervical and vaginal fluids, semen and breastmilk.</p>	<p>Serious birth defects (hearing loss and cognitive deficits) can occur if the mother becomes infected for the first time during pregnancy.</p> <p>Risk of more serious birth defects is greatest during the first half of pregnancy.</p>	<p>See your doctor if you think you have been exposed to CMV.</p> <p>No vaccine is available.</p> <p><b>Prevention</b> Clean your hands often especially after changing diapers and after any contact with bodily fluids. Avoid sharing food, drinks and utensils.</p>
<p><b>Parvovirus B19 infection / Fifth Disease</b> (Erythema infectiosum, slapped-cheek syndrome)</p>	<p>A virus that spreads easily through contact with fluid from the nose and lungs, and through contact with blood.</p>	<p>In rare cases, infection can cause a birth defect leading to fetal death.</p> <p>50 to 80% of adults have been exposed to the virus and have acquired some immunity.</p>	<p>See your doctor if you think you have been exposed to the virus.</p> <p>A blood test can be done to find out if you are immune to the virus.</p> <p>Treatment is available for fetuses affected by the virus. No vaccine is available.</p>

Infectious Disease	How is it spread?	What are the concerns / complications?	What do you do if you are exposed?
			<p><b>Prevention</b> Clean your hands often. Pregnant women with sick children at home should avoid sharing eating utensils.</p>
<p><b>Listeriosis</b></p>	<p>A type of bacterium often found in food and elsewhere in the environment (e.g., soil, plants, vegetables, water, sewage, silage, and in the feces of humans and animals). Animals and humans can carry the bacterium without knowing it.</p>	<p>If a pregnant woman develops listeriosis during the first three months of pregnancy, she may miscarry. Up to two weeks before a miscarriage, pregnant women may experience a mild flu-like illness with chills, fatigue, headache, as well as muscular and joint pain.</p> <p>Listeriosis later on in pregnancy can result in a stillbirth or the birth of an acutely ill child.</p>	<p>Call your doctor if you are pregnant, have eaten a recalled product, and within 2 ½ months become ill with listeria symptoms such as vomiting, nausea, cramps, diarrhea, severe headache, constipation or persistent fever.</p> <p>Can be effectively treated with antibiotics if diagnosed early. No vaccine is available.</p> <p><b>Prevention</b> After handling food in the kitchen, especially raw food such as meat and fish, thoroughly clean and sanitize all surfaces used for food preparation.</p> <p>Always wash your hands after touching raw meat and before eating. Make sure all meat is well cooked. Do not eat luncheon and deli meats, or hot dogs unless they are reheated until steaming hot.</p> <p>Wash fruit and vegetables thoroughly.</p> <p>Do not eat soft cheese such as feta, brie, and Camembert; blue-veined cheeses; or Mexican-style cheese such as queso blanco, queso fresco and Panela unless they have labels that clearly state they are made from pasteurized milk.</p> <p>Do not eat refrigerated pâtés or meat spreads (canned or shelf-stable varieties may be eaten).</p>
<p><b>Rubella</b> (German measles)</p>	<p>A virus that is spread by close contact, through sneezing and coughing.</p>	<p>Serious birth defects (blindness, deafness, heart damage) can occur to the fetus if the mother gets rubella within the first 5 months (20 weeks) of pregnancy.</p> <p>One out of 10 babies who are born with rubella will die during the first 12 months of life.</p> <p>There is no treatment for rubella in babies.</p>	<p>See your doctor as soon as you have been exposed to rubella. Ask to have your blood tested to see if you are immune to rubella.</p> <p>If you are not immune to rubella and are pregnant, get the MMR vaccine as soon as possible <b>after</b> giving birth. The MMR vaccine cannot be given to a pregnant woman.</p>

Infectious Disease	How is it spread?	What are the concerns / complications?	What do you do if you are exposed?
			<p><b>Prevention</b>            Before you plan to get pregnant have your blood tested to see if you are immune to rubella. The MMR vaccine (contains rubella vaccine) can be given up to one month before pregnancy.</p>
<p><b>Toxoplasmosis</b></p>	<p>A parasite found in raw or undercooked infected meats (lamb, pork or beef); unpasteurized goat's milk or cheese; poorly washed raw vegetables; cat and animal feces; and contaminated garden soil.</p>	<p>Early trimester infection may result in fetal death, miscarriage or neonatal defects such as hearing loss, visual impairment or learning disabilities.</p>	<p>Blood tests are done to see if the parasite has crossed the placenta. Treatment is available but not without risks.</p> <p><b>Prevention</b>            Wash vegetables and fruit thoroughly.</p> <p>Make sure all meat is well cooked. Always wash your hands after touching raw meat and before eating.</p> <p>Do not drink unpasteurized milk or cider, or eat unpasteurized dairy products or cheese.</p> <p>Avoid direct contact with soil and sand. If you do, wear gloves and wash your hands after.</p> <p>Avoid changing cat litter. If you do, wear gloves and wash your hands after.</p>