

# CHILDHOOD ILLNESSES

This is intended as a general guide. Consult a physician for diagnosis and recommendation for a particular case.  
 Notify KFL&A Public Health of all cases of reportable diseases by calling 613-549-1232 or 1-800-267-7875. Fax: 613-549-0349

Illness	How it Spreads	How to Recognize	Contagious Period	When to Report/Exclude
<b>Chicken Pox</b> (Varicella virus) <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>direct contact with blister fluid or droplet spread from secretions of the nose and mouth</li> <li>direct contact with freshly contaminated surfaces and objects</li> <li>mother to fetus (consult physician if not immune)</li> </ul>	<ul style="list-style-type: none"> <li>can begin with fever, fatigue, loss of appetite</li> <li>a red rash appears on body that turns into fluid filled blisters which crust over in 3-4 days; new spots appear in crops for 5-6 days</li> </ul>	<ul style="list-style-type: none"> <li>most infectious 1-2 days before rash starts and contagious until lesions crust over, usually 5 days</li> <li>incubation period 2-3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>report by next working day</li> <li>no exclusion required if child does not have a fever and is well enough to participate in regular activities</li> </ul>
<b>Diarrhea and/or vomiting</b> <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>ingesting contaminated food or water</li> <li>person to person</li> <li>poor hand hygiene</li> <li>contact with contaminated surfaces</li> </ul>	<ul style="list-style-type: none"> <li>vomiting</li> <li>diarrhea (2 or more loose/watery stools within 24 hours that is new or unusual)</li> <li>may also have fever, loss of appetite, stomach pain, fatigue, headache</li> </ul>	<ul style="list-style-type: none"> <li>while diarrhea and/or vomiting is present and up to 48 hours after symptoms stop</li> <li>usual incubation period 12-72 hours</li> </ul>	<ul style="list-style-type: none"> <li>report immediately if 2 or more cases within 24 hours</li> <li>exclude until 48 hours symptom free</li> </ul>
<b>Fifth Disease</b> (Parvovirus B19)	<ul style="list-style-type: none"> <li>direct contact with secretions from the nose and mouth</li> <li>blood and blood products</li> <li>mother to fetus</li> </ul>	<ul style="list-style-type: none"> <li>symptoms include fever, muscle aches, joint pain (more common in adults), headache, red "slapped-cheek" rash 1-3 weeks after signs and symptoms</li> <li>"slapped-cheek" rash followed by lace-like appearing rash proceeding from trunk to arms, buttocks, and thighs</li> <li>many children never become ill</li> </ul>	<ul style="list-style-type: none"> <li>no longer contagious once rash appears</li> <li>incubation period 4-21 days (normally 4-14 days)</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required if well enough to participate in regular activities</li> <li>pregnant women should consult with physician for advice</li> </ul>
<b>Hand, Foot &amp; Mouth Disease</b> (Coxsackie virus)	<ul style="list-style-type: none"> <li>direct contact with secretions from the nose and mouth</li> <li>fecal-oral (contaminated hand to mouth) due to poor hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>sudden onset of mild fever, sore throat, then loss of appetite and lack of energy</li> <li>small grayish blister-like sores on hands, feet and inside mouth; occasional rash on buttocks</li> </ul>	<ul style="list-style-type: none"> <li>7-14 days after onset of illness, sometimes longer (virus remains in stool for several weeks)</li> <li>incubation period 3-5 days</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required if well enough to participate in regular activities</li> </ul>
<b>Impetigo</b> (Staphylococcal or Streptococcal)	<ul style="list-style-type: none"> <li>usually follows a scrape or an insect bite</li> <li>contact with fluid from blisters</li> <li>contact with contaminated articles (e.g., wash cloths, bedding, towels)</li> </ul>	<ul style="list-style-type: none"> <li>rash with a cluster of red bumps or blisters around the mouth or nose, or exposed parts of skin; may ooze or be covered by a honey-coloured crust</li> </ul>	<ul style="list-style-type: none"> <li>from onset of rash until healed or until 24 hours after start of antibiotic</li> <li>maintain good hand washing after touching infected skin</li> </ul>	<ul style="list-style-type: none"> <li>exclude until 24 hours after antibiotic treatment begins or until blisters are healed</li> </ul>
<b>Influenza</b> <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>droplet or direct contact with secretions from the nose and mouth</li> </ul>	<ul style="list-style-type: none"> <li>sudden onset of fever, chills, dry cough, muscle aches, sore throat, runny nose, headache, fatigue</li> <li>young children may also exhibit nausea, vomiting and diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>1 day before onset of symptoms and up to 7 days or longer after symptom onset</li> <li>incubation period 1-3 days</li> </ul>	<ul style="list-style-type: none"> <li>report immediately</li> <li>exclude children until symptom-free</li> </ul>
<b>Measles</b> <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>airborne or contact with secretions from the nose and mouth</li> </ul>	<ul style="list-style-type: none"> <li>fever, cough, runny nose, red eyes for 1-3 days before onset of rash</li> <li>rash appears on face as large red spots often joined together and then spread over entire body</li> </ul>	<ul style="list-style-type: none"> <li>4 days before onset of rash until 4 days after</li> <li>highly contagious</li> <li>incubation period 7-18 days; rare 19-21 days</li> </ul>	<ul style="list-style-type: none"> <li>report immediately</li> <li>exclude for at least 4 days after onset of rash</li> <li>if contact is not immunized or has not had measles, exclude for 21 days</li> </ul>
<b>Meningitis Bacterial/Viral</b> <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>direct contact with secretions from the nose, mouth, and throat</li> </ul>	<ul style="list-style-type: none"> <li>sudden onset of high fever, severe headache, vomiting, confusion, seizures, drowsiness, stiff neck, and skin rash especially on hands and feet</li> <li>infants may have irritability, poor feeding, constant crying, and bulging fontanel</li> </ul>	<ul style="list-style-type: none"> <li>bacterial: until 24 hours after initiation of antibiotics.</li> <li>viral: varies with type of organism</li> <li>incubation: varies with type of bacteria or virus</li> </ul>	<ul style="list-style-type: none"> <li>report immediately</li> <li>exclude according to advice from Public Health</li> </ul>
<b>Meningococcal Disease</b> (Neisseria meningitidis) <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>direct contact with secretions from the nose, mouth, and throat (e.g., kissing, sneezing, and sharing of eating and drinking utensils)</li> </ul>	<ul style="list-style-type: none"> <li>sudden onset of fever and rapid progression to more serious symptoms such as intense headache, photophobia, nausea and often vomiting, stiff neck, decreased level of consciousness, rash, chills and myalgia</li> <li>in infants and young children, symptoms may also include irritability, drowsiness, poor feeding, cold hands and feet, leg pain and abnormal skin colour</li> </ul>	<ul style="list-style-type: none"> <li>7 days prior to onset of symptoms to 24 hours after initiation of antibiotics</li> <li>incubation period 2-10 days</li> </ul>	<ul style="list-style-type: none"> <li>report immediately</li> <li>exclude according to advice from Public Health</li> </ul>
<b>Mumps</b> <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>direct contact with respiratory droplets from the nose and mouth of an infected person</li> </ul>	<ul style="list-style-type: none"> <li>fever, swelling and tenderness in face/jaw, inflammation of testicles</li> <li>1/3 of cases have no apparent swelling or tenderness and may only present as a respiratory tract infection</li> </ul>	<ul style="list-style-type: none"> <li>from 7 days before to 5 days after onset of swollen glands</li> <li>usual incubation period 14-25 days</li> </ul>	<ul style="list-style-type: none"> <li>report immediately</li> <li>exclude until 5 days after onset of swollen glands</li> <li>exclude non-immunized children for 25 days</li> </ul>
<b>Pink Eye</b> conjunctivitis	<ul style="list-style-type: none"> <li>direct contact with eye secretions through contaminated hands, personal items and surfaces (e.g., wash cloth, towel)</li> </ul>	<ul style="list-style-type: none"> <li>red or pink in the whites of the eye</li> <li>may affect one or both eyes</li> <li>viral-watery discharge, sensitivity to light</li> <li>bacterial-yellowish discharge, itchy, painful, eyes may crust shut in morning</li> </ul>	<ul style="list-style-type: none"> <li>bacterial-during course of active infection;</li> <li>viral-assume contagious until diagnosed; contagious while signs and symptoms present</li> <li>incubation period 24-72 hours</li> </ul>	<ul style="list-style-type: none"> <li>exclude until diagnosed; consult physician as viral infection not easy to distinguish from bacterial</li> <li>if bacterial, exclude for 24 hours after start of antibiotic</li> </ul>
<b>Rubella</b> German measles <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>direct contact with secretions from the nose</li> </ul>	<ul style="list-style-type: none"> <li>low-grade fever, headache, tiredness</li> <li>swollen glands may be present before rash</li> <li>rash starting on face and becoming generalized within 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>7 days before to 7 days after onset of rash</li> <li>usual incubation period 14-21 days</li> </ul>	<ul style="list-style-type: none"> <li>report immediately</li> <li>exclude for 7 days after onset of rash</li> <li>exclude non-immunized children</li> <li>non-immune pregnant women should consult with their physician</li> </ul>
<b>RSV</b> Respiratory syncytial virus	<ul style="list-style-type: none"> <li>direct contact with secretions from the nose and mouth</li> <li>virus can live on surfaces for many hours and 30 minutes or more on hands.</li> </ul>	<ul style="list-style-type: none"> <li>cold-like symptoms: stuffy or runny nose, cough, ear infections (sometimes), low-grade fever, sore throat</li> </ul>	<ul style="list-style-type: none"> <li>up to a couple days before symptoms and 3-8 days after symptom onset. May be 3-4 weeks with infants.</li> <li>incubation period 2-8 days</li> </ul>	<ul style="list-style-type: none"> <li>no exclusion required if child is well enough to participate</li> </ul>
<b>Strep Throat/Scarlet Fever</b> (Group A streptococci)	<ul style="list-style-type: none"> <li>direct contact with secretions from the nose and mouth</li> <li>droplet spread</li> </ul>	<ul style="list-style-type: none"> <li>may have fever, very sore throat, headache, stomach ache, swollen glands, vomiting, flushed cheeks, fine red rash on body that feels like sand paper but does not typically involve the face</li> </ul>	<ul style="list-style-type: none"> <li>10-21 days or until 24 hours after starting antibiotics</li> <li>incubation period 1-3 days</li> </ul>	<ul style="list-style-type: none"> <li>exclude until 24 hours after start of antibiotics</li> <li>if untreated exclude 21 days after onset of infection</li> </ul>
<b>Whooping Cough</b> (Bordetella pertussis) <b>REPORTABLE</b>	<ul style="list-style-type: none"> <li>direct contact with secretions from the nose and mouth</li> </ul>	<ul style="list-style-type: none"> <li><b>3 stages:</b> 1) Mild upper respiratory tract symptoms, mild occasional cough lasting 1-2 weeks. 2) Increase in severity and frequency of cough; cough spasms, occasional whoop may occur; commonly followed by vomiting; can last 1 to 2 months; fever is absent or very minimal. 3) Cough becomes less; may take weeks to months to resolve</li> </ul>	<ul style="list-style-type: none"> <li>highly communicable in the first 2 stages then gradually decreases over next 3 weeks</li> <li>no longer contagious after 5 days of effective treatment</li> <li>incubation period 6-20 days</li> </ul>	<ul style="list-style-type: none"> <li>report immediately</li> <li>exclude until infected person has received at least 5 days of antibiotic treatment; if untreated, exclude 21 days</li> <li>infants &lt;1 year; women in third trimester and their families who have had exposure may receive antibiotics for prevention</li> </ul>

Also available on our web site: [www.kflapublichealth.ca](http://www.kflapublichealth.ca)

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