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COUNTY OF
LAMBTON

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Childhood

Infections



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DISEASE	INFLUENZA
INCUBATION PERIOD (From date of exposure to first signs)	<ul style="list-style-type: none"> • 24-72 hours
TRANSMISSION	<ul style="list-style-type: none"> • Contact with discharge from nose or throat of infected person
IDENTIFICATION	<ul style="list-style-type: none"> • Chills, fever, cough, headache
PERIOD OF COMMUNICABILITY (Time when disease is contagious)	<ul style="list-style-type: none"> • Probably 3-5 days from onset of symptoms in adults and up to 7 days in young children.
TREATMENT	<ul style="list-style-type: none"> • Monitor and treat symptoms • Antiviral prescription within first 72 hours may decrease severity of illness
EXCLUSION	<ul style="list-style-type: none"> • Until symptoms resolved, anywhere from 2-7 days

DISEASE	HAND, FOOT & MOUTH DISEASE	FIFTH DISEASE
INCUBATION PERIOD (From date of exposure to first signs)	<ul style="list-style-type: none"> • 3-5 days 	<ul style="list-style-type: none"> • 4-20 days
TRANSMISSION	<ul style="list-style-type: none"> • Direct contact with nose and throat secretions by aerosol droplet spread (sneezing) and stool of infected person 	<ul style="list-style-type: none"> • Human to human through contact with infected respiratory secretions (coughing and sneezing)
IDENTIFICATION	<ul style="list-style-type: none"> • Lesions/open sores on cheeks, mouth, gums, tongue, palms, fingers and soles of feet 	<ul style="list-style-type: none"> • Rash on cheeks (slapped face appearance) • With a lace-like rash on the trunk and arms/legs • Rash may fade and then reappear for 3 weeks or more
PERIOD OF COMMUNICABILITY (Time when disease is contagious)	<ul style="list-style-type: none"> • Until sores are completely healed • Stool can remain infectious for several weeks 	<ul style="list-style-type: none"> • Greatest before onset of the rash and probably not after • Immunocompromised persons may be communicable for years
TREATMENT	<ul style="list-style-type: none"> • No treatment • Good handwashing • Disposal of articles contaminated with stool, nose and throat secretions 	<ul style="list-style-type: none"> • No treatment • Pregnant women should see their doctor if in contact
EXCLUSION	<ul style="list-style-type: none"> • Until all lesions have healed 	<ul style="list-style-type: none"> • Until fever is gone and feeling well again

DISEASE	CHICKEN POX	RINGWORM (Tinea)
INCUBATION PERIOD (From date of exposure to first signs)	<ul style="list-style-type: none"> • 14-21 days 	<ul style="list-style-type: none"> • 10-14 days
TRANSMISSION	<ul style="list-style-type: none"> • Contact with discharge from skin, nose or throat of infected person • May develop following direct contact with lesions of person having shingles 	<ul style="list-style-type: none"> • Direct or indirect contact with lesions of infected persons or animals
IDENTIFICATION	<ul style="list-style-type: none"> • Small dark red pimples appear and within hours turn into blisters that look like drops of water on skin, which then scab. New batches of pimples appear for 3-4 days. May be ill with increased temperature or not ill at all. 	<ul style="list-style-type: none"> • Circular lesions of skin, scalp, nails • Slightly raised and red at periphery – spreads outward on skin • Scaling and itchy
PERIOD OF COMMUNICABILITY (Time when disease is contagious)	<ul style="list-style-type: none"> • From 1-2 days before lesions erupt • Until lesions have crusted 	<ul style="list-style-type: none"> • While lesions visible
TREATMENT	<ul style="list-style-type: none"> • Calamine lotion to ease itching • Physician may prescribe ointment/antihistamine • DO NOT use Aspirin products 	<ul style="list-style-type: none"> • Thorough bathing with soap and water and application of antifungal medication
EXCLUSION	<ul style="list-style-type: none"> • While fever present and/or feeling unwell • Until lesions have dried or crusted 	<ul style="list-style-type: none"> • Until seen by family physician and under treatment

DISEASE	GERMAN MEASLES	RED MEASLES (Rubeola)
INCUBATION PERIOD (From date of exposure to first signs)	<ul style="list-style-type: none"> • 14-21 days 	<ul style="list-style-type: none"> • 10-21 days
TRANSMISSION	<ul style="list-style-type: none"> • Contact with nose and throat secretions, blood, stool, urine of infected person 	<ul style="list-style-type: none"> • Contact with respiratory tract secretions or blood of infected person
IDENTIFICATION	<ul style="list-style-type: none"> • Headache, sore throat, fever, rash-pale pink at hairline and spreads downward – disappears in 1-5 days 	<ul style="list-style-type: none"> • Slow onset of cold symptoms – tearing, sneezing, light sensitivity. Fever for 3-4 days. Koplik spots (small red spots with bluish-white centres in mouth) appear 2-3 days prior to a dusty red rash appearing. Rash starts on the back of neck, forehead and spreads to extremities
PERIOD OF COMMUNICABILITY (Time when disease is contagious)	<ul style="list-style-type: none"> • 7 days before to 7 days after rash first appears 	<ul style="list-style-type: none"> • 4 days before to 5 days after rash first appears
TREATMENT	<ul style="list-style-type: none"> • Monitor and treat symptoms 	<ul style="list-style-type: none"> • Monitor and treat symptoms
EXCLUSION	<ul style="list-style-type: none"> • 7 days after onset of rash 	<ul style="list-style-type: none"> • For 5 days after rash appears

DISEASE	SCABIES	HEAD LICE (Pediculosis)
INCUBATION PERIOD (From date of exposure to first signs)	<ul style="list-style-type: none"> • 4 -6 weeks in persons without previous exposure • Sooner if previously exposed 	<ul style="list-style-type: none"> • Days – weeks • This is a nuisance not a disease
TRANSMISSION	<ul style="list-style-type: none"> • Skin to skin contact with infected persons 	<ul style="list-style-type: none"> • Direct contact with infected persons or articles
IDENTIFICATION	<ul style="list-style-type: none"> • Reddish tracks on skin • Intense itching • Mite burrows under skin leaving eggs and feces in black-red bumps 	<ul style="list-style-type: none"> • Nits (eggs) are oval and whitish colour, attached to hair shaft • Itching • Lice – 1-2 mm long, greyish-brown colour
PERIOD OF COMMUNICABILITY (Time when disease is contagious)	<ul style="list-style-type: none"> • Until mites and eggs are destroyed by treatment • Ordinarily until after 1 or occasionally 2 courses of treatment a week apart 	<ul style="list-style-type: none"> • As long as lice or eggs remain alive on the infested person or clothing
TREATMENT	<ul style="list-style-type: none"> • Treat skin with Kwellada, Eurax, or any generic brand • Follow directions on bottle • Wash clothing, bedding, personal articles in hot soapy water after treatment 	<ul style="list-style-type: none"> • One application of Pediculicide eg. Nix, Kwellada or any generic brand • Follow directions on bottle • Repeat shampoo in 1 week • Remove nits with fine tooth comb or fingernails for 2 weeks
EXCLUSION	<ul style="list-style-type: none"> • Until 24 hours after treatment completed 	<ul style="list-style-type: none"> • Until 24 hrs after first treatment completed • Some schools require nit free before returning

DISEASE	PINK EYE (Conjunctivitis)	IMPETIGO
INCUBATION PERIOD (From date of exposure to first signs)	<ul style="list-style-type: none"> • Usually 24-72 hours 	<ul style="list-style-type: none"> • Variable • Commonly 4-10 days
TRANSMISSION	<ul style="list-style-type: none"> • Contact with discharge from the eye or upper respiratory tract of infected persons 	<ul style="list-style-type: none"> • Direct contact with moist discharge from skin lesions
IDENTIFICATION	<ul style="list-style-type: none"> • Eye weepy and reddened • After sleep the discharge forms dry, yellowish crust on eyelashes • May be pain or gritty discomfort 	<ul style="list-style-type: none"> • Small red pimples which develop into blisters, then become encrusted – usually affect face, hands, neck and extremities, but will spread through scratching
PERIOD OF COMMUNICABILITY (Time when disease is contagious)	<ul style="list-style-type: none"> • Until under antibiotic therapy for 24 hours 	<ul style="list-style-type: none"> • While lesions are draining
TREATMENT	<ul style="list-style-type: none"> • If bacterial, local application of antibiotic in ointment, drops or oral form • If viral, no treatment 	<ul style="list-style-type: none"> • Topical application of antibacterial ointment • Frequent washing with soap and water and thorough drying
EXCLUSION	<ul style="list-style-type: none"> • Until seen by family physician and under treatment for 24 hours 	<ul style="list-style-type: none"> • Until seen by physician and under treatment for 24 hours