

A GUIDE FOR CAREGIVERS



*Common
Childhood
Illnesses*



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Your Health Connection

This brochure is intended for the general public providing basic information on common childhood illnesses. It does not replace the advice, diagnosis, or treatment of a physician. Always talk to your physician about any health concerns you may have.

This brochure was produced by the Simcoe Muskoka District Health Unit (Revised August 2008) using the following references:

Committee on Infectious Diseases. American Academy of Pediatrics (2006). Red book (27th ed.). Elk Grove Village IL: American Academy of Pediatrics

Infectious Diseases and Immunization Committee. Canadian Paediatric Society. (2006, February). School and daycare exclusion policies for chickenpox: A rational approach. Retrieved February 20, 2007 from <http://www.cps.ca/English/statements/ID/id99-01.htm>

Please contact the Communicable Diseases Team (for reportable illnesses) or Health Connections (for non-reportable illnesses) for further information.



Your Health Connection

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Table of Contents

Reportable Illnesses

Chickenpox	1
Gastroenteritis	1
German Measles	1
Influenza	2
Meningitis	2
Mumps	2
Rabies – Animal Bites	3
Red Measles	3
Whooping Cough	3
Enteric Outbreaks	4
Respiratory Outbreaks	4

Non-Reportable Illnesses

Fifth Disease	5
Hand Food & Mouth Disease	5
Head Lice	5
Herpes Simplex Virus	6
Impetigo	6
Middle Ear Infections	6
Pinkeye	7
Pinworms	7
Respiratory Syncytial Virus	7
Ringworm	8
Roseola Infantum	8
Rotavirus	8
Scabies	9
Scarlet Fever	9
Strep Throat	9

Reportable Illnesses	Chickenpox	Gastroenteritis	German Measles (Rubella)
Immunization availability	<p>Vaccine available.</p> <p>Children 12-15 months of age who have not had chickenpox should receive a single dose. Children who are 5 years of age who have not had chickenpox should receive a single dose. For high risk children with certain medical conditions, consult your health care provider.</p>	<p>No vaccine available.</p>	<p>Vaccine available.</p> <p>Two doses are routinely given as the measles, mumps, rubella (MMR) vaccine. The first dose is given AFTER the first birthday and the second dose is recommended at 18 months of age.</p>
Signs and symptoms	<p>A common childhood illness caused by a virus.</p> <p>Signs and symptoms:</p> <ul style="list-style-type: none"> • first begins with a fever • in a day or two, a rash appears that can be very itchy <p>Rash:</p> <ul style="list-style-type: none"> • red spots that form into fluid-filled blisters that become crusty <p>Since this illness may be of concern to pregnant women, please call Health Connection to discuss this further.</p>	<p>An enteric illness caused by a variety of viruses, bacteria and parasites.</p> <p>Signs and symptoms may include:</p> <ul style="list-style-type: none"> • diarrhea • vomiting • fever • abdominal cramps • dehydration <p>Signs of dehydration include:</p> <ul style="list-style-type: none"> • sunken eyes • persistent vomiting • decreased urine output 	<p>A mild viral illness which is rarely reported since the illness is mild and there are high immunization rates.</p> <p>Signs and symptoms may include:</p> <ul style="list-style-type: none"> • low-grade fever • headache • swollen glands in the neck and behind the ears • rash <p>Since this illness may be of concern to pregnant women, please call Health Connection to discuss this further.</p>
Spread (person to person)	<p>Through the air by droplets or by direct contact with fluid in the chickenpox blister.</p>	<p>The germ is usually found in stool and can be spread by hands that have not been washed after using the toilet. Food or water can be contaminated by stool from the unwashed hands of an infected person or through contamination with the stool of an infected animal.</p>	<p>Through the air by droplets from sneezing and coughing or by contact with discharge of the nose and throat of the infected person.</p>
Exposure date to first signs of illness	<p>Usually 14 - 16 days, occasionally as short as 10 or as long as 21 days.</p>	<p>Variable.</p>	<p>Usually 16 - 18 days, it may vary from 14 - 23 days.</p>
Contagious time period (when the disease can be passed to others)	<p>Usually 1 - 2 days before, to shortly after onset of the rash.</p>	<p>While experiencing signs and symptoms of illness and possibly later while germs continue to be shed in the stool.</p>	<p>A few days before, to 7 days after onset of the rash.</p>
Recommendation for attendance at care facility or school	<p>Stay at home until fever is gone i.e., no fever and child feeling well. "Spots" not a reason to keep the child at home as he is less contagious now than before the illness is recognized.</p>	<p>Child should stay home until symptom free for 24 hours. Certain bacterial infections (eg. Shigella, Ecoli.) may require exclusion until tests are negative.</p>	<p>Stay home until 7 days after the rash appears.</p>
Reportable to health unit	<p>Reportable to the CD Team at 721-7520 Ext. 8809 (or 1-877-721-7520).</p>	<p>Reportable. Two or more cases should be reported to the CD Team at 721-7520 Ext. 8809 (or 1-877-721-7520).</p>	<p>Report <u>immediately</u> to the CD Team at 721-7520 Ext. 8809 (or 1-877-721-7520).</p>

Reportable Illnesses	Influenza	Meningitis	Mumps
Immunization availability	<p>Vaccine is released yearly based on the current circulating strains of the virus.</p> <p>The vaccine can be given to anyone over 6 months of age. Children under the age of 9 receiving the vaccine for the first time will require 2 doses at least 4 weeks apart.</p>	<p>Meningitis is an illness caused by bacteria and viruses. For some types of bacteria, vaccines are available. They are either routinely given as a part of the routine vaccine schedule. If public health determines that you are a contact of a case of meningitis, there may be a specific vaccine available, depending on the type of meningitis.</p>	<p>Vaccine available.</p> <p>Two doses are routinely given as the measles, mumps, rubella (MMR) vaccine. The first dose is given AFTER the first birthday and the second dose is recommended at 18 months of age.</p>
Signs and symptoms	<p>A respiratory illness that is caused by a virus. It tends to occur seasonally. It is commonly known as the flu.</p> <p>Signs and symptoms may include:</p> <ul style="list-style-type: none"> • fever • chills • cough • headache • runny nose • muscle aches • tired feeling • sore throat 	<p>An intense, sudden-onset illness caused by a virus or bacteria. This rarely-occurring illness is most common in late winter and early spring.</p> <p>Signs and symptoms may include:</p> <ul style="list-style-type: none"> • fever • severe headache • vomiting • stiff neck • drowsiness • delirium • coma • irritability • rash • eyes may become sensitive to light 	<p>A viral illness that occurs commonly during the winter and spring.</p> <p>Signs and symptoms include:</p> <ul style="list-style-type: none"> • fever • swollen glands in front of the ear to beneath the jawbone (one- third of infections do not have swelling) • swelling can occur in one or more glands
Spread (person to person)	<p>Through the air by droplets from sneezing and coughing, or by touching objects which have been contaminated by the nose and throat discharge of someone else with influenza.</p>	<p>Depends on the germ. For infections of most concern, close direct contact with nose and throat discharge (from sneezing and coughing) and saliva is required.</p>	<p>Through the air by droplets from sneezing and coughing and direct contact with saliva and discharge from the nose and throat of infected people.</p>
Exposure date to first signs of illness	<p>1 - 3 days.</p>	<p>Depends on the germ. Contact the health unit for more information.</p>	<p>Usually 16 - 18 days, although it may vary from 12 - 25 days.</p>
Contagious time period (when the disease can be passed to others)	<p>Shedding of the virus in the nasal secretions usually stops within 7 days of the onset of the illness.</p>	<p>Depends on the germ. Contact the health unit for more information.</p>	<p>1 - 2 days before onset of swelling to 5 days after onset of swelling. The virus has been found in saliva from 7 days before through 9 days after onset of swelling.</p>
Recommendation for attendance at care facility or school	<p>Stay home from 5 days after symptoms begin.</p>	<p>If symptoms develop, get emergency care immediately.</p>	<p>Stay home for 9 days after the swelling first appears.</p>
Reportable to health unit	<p>Reportable if confirmed by testing. Call CD Team for more information at 721-7520 Ext. 8809 (or 1-877-721-7520).</p>	<p>Report <u>immediately</u> to the CD Team at 721-7520 Ext. 8809 (or 1-877-721-7520).</p>	<p>Reportable. Call CD Team for more information at 721-7520 Ext. 8809 (or 1-877-721-7520).</p>

Reportable Illnesses	Rabies - Animal Bites	Red Measles (Rubeola)	Whooping Cough (Pertussis)
Immunization availability	Rabies post-exposure vaccine may be required depending upon the circumstances of the exposure to a known or suspect rabid animal.	Vaccine available. Two doses are routinely given as the measles, mumps, rubella (MMR) vaccine. The first dose is given AFTER the first birthday and the second dose is recommended at 18 months of age.	Vaccine available. Routinely given as part of the infant series at 2, 4, 6 & 18 months and as part of the 4 - 6 year booster. A vaccine is now available for 14 - 16 year olds as a part of the routine immunization schedule.
Signs and symptoms	<p>Any warm blooded animals can develop rabies. Wild animals including raccoons, skunks, foxes, coyotes, bats, and other species, are important sources of infection for humans and domestic animals.</p> <p>Rabies is an infection that produces acute illness that progresses rapidly. Symptoms may include anxiety, difficulty swallowing, seizures, paralysis and death.</p> <p>All animal bites should be immediately assessed by a physician and reported to the health unit. The health unit will investigate and assess whether the animal involved is suspected of rabies.</p>	<p>An intense, sudden-onset, highly-contagious viral disease with two stages:</p> <p>Stage 1:</p> <ul style="list-style-type: none"> • runny nose • cough • a slight fever • eyes sensitive to light • eyes are reddened • fever consistently rises <p>Stage 2:</p> <ul style="list-style-type: none"> • high fever • red blotchy rash begins on face then spreads to entire body • little white spots may appear in the mouth on the gums and inside the cheeks 	<p>A bacterial illness of the respiratory tract with sudden onset.</p> <p>First symptoms:</p> <ul style="list-style-type: none"> • common cold • sneezing • runny nose • low grade fever • mild cough <p>Within weeks may have:</p> <ul style="list-style-type: none"> • severe coughing spells followed by a crowing or high-pitched whoop <p>Mucus discharge and vomiting may occur due to cough.</p>
Spread (person to person)	Through direct contact with the virus in the saliva of an infected rabid animal through: biting, open cuts, sores or wounds, or by contamination of mucous membranes (i.e. nose, mouth).	Through the air by droplets from coughing and sneezing or direct contact with discharge from nose and throat.	Through contact with discharge from nose and throat from coughing and sneezing.
Exposure date to first signs of illness	In people it averages 4 - 6 weeks, but ranges from 5 days to more than 1 year.	8 - 12 days.	Usually 7 - 10 days, although it may vary from 6 - 21 days.
Contagious time period (when the disease can be passed to others)	Animals may be infectious with the virus before displaying symptoms of rabies (i.e. 4 or 5 days for dogs and cats).	1 - 2 days before onset of symptoms (3 - 5 days before the rash), to 4 days after appearance of the rash.	Most contagious during the first stage of illness and the first 2 weeks after cough onset. Antibiotic treatment decreases infective period.
Recommendation for attendance at care facility or school	Rabies post-exposure treatment is available and must be given prior to symptoms developing. Once symptoms develop, the illness is fatal.	Stay home for 4 days after the rash appears.	Stay home for 3 weeks after the whooping begins if untreated, or at least 5 days after child starts antibiotics.
Reportable to health unit	Report all animal bites <u>immediately</u> to the Health Connection PHI at 721-7520 (or 1-877-721-7520).	Report <u>immediately</u> to the CD Team at 721-7520 Ext. 8809 (or 1-877-721-7520).	Reportable. Call CD Team for more information at 721-7520 Ext. 8809 (or 1-877-721-7520).

Reportable Illnesses	Enteric Outbreaks	Respiratory Outbreaks
Immunization availability	No vaccine available	Respiratory outbreaks are caused by a number of bacteria and viruses. Vaccines are not available for all the germs that cause outbreaks. Influenza is caused by a virus. The flu vaccine is free of charge. Please see the "Influenza Vaccine" section in this brochure for further details.
Signs and symptoms	<p>Enteric outbreaks occur sporadically throughout the year. May be caused by a virus or bacteria. Generally an outbreak is defined as a cluster of cases in a group with related symptoms.</p> <p>Signs and symptoms may include:</p> <ul style="list-style-type: none"> • vomiting • diarrhea • fever • abdominal cramps • irritability 	<p>Respiratory outbreaks occur primarily in the fall and winter months. May be caused by a virus or bacteria. Generally an outbreak is defined as a cluster of respiratory illness in groups with related symptoms.</p> <p>Signs and symptoms must include 2 of the following:</p> <ul style="list-style-type: none"> • cough • runny nose • congestion • sore throat • fever
Spread (person to person)	The germ is usually found in stool and can be spread by hands that have not been washed after using the toilet. Food or water can be contaminated by stool from the unwashed hands of an infected person or through contamination with the stool of an infected animal.	Through the air by droplets from sneezing and coughing or contact with discharge from the nose and throat.
Exposure date to first signs of illness	Depends on the germ.	Depends on the germ.
Contagious time period (when the disease can be passed to others)	Depends on the germ.	Depends on the germ.
Recommendation for attendance at care facility or school	Child should stay home until symptom free for 48 hours. Certain bacterial infections (eg. Shigella, Ecoli.) may require exclusion until tests are negative.	Child should stay home until fever no longer present and able to participate in programming.
Reportable to health unit	Reportable. Two or more cases should be reported <u>immediately</u> to the CD Team at 721-7520 Ext. 8809 (or 1-877-721-7520).	Reportable. Two or more cases should be reported <u>immediately</u> to the CD Team at 721-7520 Ext. 8809 (or 1-877-721-7520).

Non-Reportable Illness	Fifth Disease (Erythema Infectiosum or Parvovirus B 19)	Hand Foot & Mouth Disease	Head lice
Immunization availability	No vaccine available.	No vaccine available.	No vaccine available.
Signs and symptoms	<p>A mild viral illness that starts with:</p> <ul style="list-style-type: none"> • a red rash on cheeks which looks like a slap. Often referred to as "slap-cheek syndrome" • 1 – 4 days later, a red lace-like rash appears, first on the arms, then on the rest of the body • Rash comes and goes for 1 week <p>Some children don't become ill, some may develop a mild fever.</p>	<p>A viral illness which may cause:</p> <ul style="list-style-type: none"> • fever • headaches • loss of appetite • painful ulcers in the mouth • sore throat • lack of energy • a rash especially on the palms, fingers and soles of feet 	<p>Signs of head lice may include itching of the scalp. Nits (eggs) are half the size of a pin head and are tan or brownish in colour. Once the nits hatch, they are tiny insects that are tan to grayish white and are about the size of a sesame seed. Lice or nits are found along the hairline, usually around the ears and near the base of the neck. Lice do not spread disease or pose a health hazard to others. Anyone can get lice - they have nothing to do with being clean. Lice do not jump, hop or fly and they dislike light and movement. Lice cannot live on animals.</p> <p>Health Connection can provide you with a pamphlet for more information.</p>
Spread (person to person)	Through the air by droplets from coughing or sneezing. By the hands of infected person or things which have been touched by someone who is ill.	<p>Through the air by droplets from sneezing and coughing, and also by hands that have not been washed after using the toilet.</p> <p>It may also be spread by touching objects/articles that have been handled by others who are sick with this illness.</p>	By head-to-head contact with hair of infested people and, less commonly, by contact with personal belongings, such as combs, hair brushes, and hats.
Exposure date to first signs of illness	Between 4 - 14 days but can be as long as 21 days.	3 - 6 days.	May last up to several weeks.
Contagious time period (when the disease can be passed to others)	Most infectious before onset of the rash and unlikely to be infectious after onset of the rash.	Spread through respiratory droplets is usually limited to a week or less. The virus can be shed in the stool for several weeks after onset of infection.	As long as live lice or live nits remain on the infested person or belongings. Nits that are more than 1 cm away from the scalp are empty shells and are not a source of reinfestation.
Recommendation for attendance at care facility or school	Can attend with rash.	Can attend once feeling well, regardless of the rash, as child is likely most infectious before the illness is recognized.	Policies vary – check with your school or daycare.
Reportable to health unit	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).

Non-Reportable Illness	Herpes Simplex Virus (HSV)	Impetigo	Middle Ear Infections (Otitis-media)
Immunization availability	No vaccine available.	No vaccine available.	For most of the viruses and bacteria that cause ear infections, vaccines are not available. Pneumococcal vaccine for children may provide some protection against ear infections. It is offered as a part of the routine infant schedule and is also available for high risk children ages 24-59 months.
Signs and symptoms	<p>Most primary HSV infections in children and adolescents are asymptomatic. The most common symptoms are characterized by:</p> <ul style="list-style-type: none"> • Fever • Irritability • Tender and enlarged glands below lower jaw • Ulcers involving the mucous membranes of the mouth, • Lesions around the mouth 	<p>A common bacterial skin lesion.</p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • a rash with a cluster of red bumps or blisters • the blisters may ooze or be covered with honey-coloured crust <p>Usually affects:</p> <ul style="list-style-type: none"> • face • hands • neck • arms & legs <p>Will spread through scratching.</p>	<p>A common infection in children caused by the same germs that cause coughs and colds. Only some children develop ear infections from these germs.</p> <p>Symptoms may include:</p> <ul style="list-style-type: none"> • complaining that "ear hurts" • cold symptoms • being cranky • pain when lying flat • loss of balance • constant rubbing of ears
Spread (person to person)	Through contact with HSV in the saliva of people who are carriers. Also spread on the hands of health care workers from patients who are shedding the HSV.	Through direct contact with moist discharge from the rash.	The germs that cause coughs and colds are spread through direct contact with the discharge from nose and mouth from sneezing and coughing.
Exposure date to first signs of illness	2 - 12 days.	Commonly 4 - 10 days.	Depends on the germ.
Contagious time period (when the disease can be passed to others)	HSV can be isolated for 2 weeks and up to 7 weeks after primary infection. After primary infection people can shed the virus from mucosal sites for years or lifelong. In recurrent lesions, infectivity is shorter, and usually the virus cannot be recovered after 5 days.	From onset of rash until 1 day after the start of treatment with antibiotics. Impetigo is contagious while lesions are draining	Ear infections are not contagious. The germs that cause colds, coughs and ear infections are contagious. The contagious time period depends on the germ.
Recommendation for attendance at care facility or school	For recurrent lesions, drainage and secretion precautions. People with herpetic lesions should have no contact with newborns, children with eczema or burns, or immunocompromised people.	May attend 24 hours after antibiotic treatment started.	Can attend. May require antibiotics.
Reportable to health unit	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).

Non-Reportable Illness	Pinkeye (Conjunctivitis)	Pinworms	Respiratory Syncytial Virus (RSV)
Immunization availability	No vaccine available.	No vaccine available.	Two vaccines are available. Palivizumab and RSV-IGIV are recommended for infants younger than 2 years of age and have chronic lung disease. Premature infants may benefit from RSV prophylaxis even if they do not have chronic lung disease.
Signs and symptoms	<p>An infection in one or both eyes that is caused by bacteria or viruses.</p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • scratchy feeling in the eye(s) • pain in the eye(s) • lots of tears and/or thick sticky drainage from the eye(s) <p>Infection turns the whites of the eye, pink or red. Eyelids may stick together with discharge in the morning.</p>	<p>A common infection in school-aged children and preschoolers. Some people have no symptoms.</p> <p>Worms which look like white threads lay eggs around the anus.</p> <p>Signs and symptoms include:</p> <ul style="list-style-type: none"> • itching around the anus • disturbed sleep • intense itching, mostly at night 	<p>In infants and young children, RSV is the most common cause of bronchiolitis and pneumonia. Lethargy, irritability, and poor feeding, sometimes accompanied by apneic (periods of not breathing) episodes are the major symptoms. Almost every child will be infected at least once by 2 years of age, and reinfection is common.</p>
Spread (person to person)	Easily spread with direct contact or contamination of the hands with the discharge from the infected eye(s).	The eggs can be transferred onto the hands and then to another person or food.	Transmission occurs through direct or close contact with contaminated secretions. RSV can persist on environmental surfaces for many hours, and on hands for 30 minutes or more.
Exposure date to first signs of illness	Depends on the germ. It can range from hours - days.	1 - 2 months or longer.	2 - 8 days; 4 - 6 days is most common.
Contagious time period (when the disease can be passed to others)	Both bacterial and viral conjunctivitis are contagious while symptoms are present. Conjunctivitis caused by bacteria is not contagious once antibiotics have been taken for 24 hours.	As long as female worms discharge eggs.	24 hours prior to onset of symptoms and for 5 days after onset.
Recommendation for attendance at care facility or school	May attend when well enough to participate. If a diagnosis of bacterial conjunctivitis is made, can attend 24 hours after start of antibiotics.	Can attend but should be treated by a physician.	Can attend if well enough to participate in daily activities. If a fever is present a child should stay home until a physician states they are well enough to attend, or according to the facilities policy.
Reportable to health unit	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).

Non-Reportable Illness	Ringworm	Roseola Infantum	Rotavirus
Immunization availability	No vaccine available.	No vaccine available.	An oral vaccine is available however, not currently publicly funded. The rotavirus vaccine is given only to babies and can be added to the vaccination schedule at the 2, 4 and 6 month visits.
Signs and symptoms	<p>A fungal disease on the hairless areas of the skin.</p> <p>Signs and symptoms include:</p> <ul style="list-style-type: none"> • a slightly reddened lesion that is ring shaped with a raised scaly or blister-like edge • itching 	<p>An acute viral illness. Occurs usually in children under 4 years, but most common before 2 years of age.</p> <p>Signs and symptoms include:</p> <ul style="list-style-type: none"> • at first a high fever lasting 3 - 7 days • then a rash appears, mainly on the trunk and then later on the rest of the body • rash can last hours - days, then fades rapidly 	<p>A viral infection that causes gastroenteritis. Symptoms include fever, vomiting, and diarrhea which generally persist for 3 to 8 days. In severe cases, dehydration can occur.</p>
Spread (person to person)	By direct contact with humans, animals or objects in contact with the ringworm.	Spread to young children is likely to occur from contact with infected respiratory tract secretions of healthy people.	The primary way this virus is spread is by "fecal-oral". This means you can become infected by putting something in your mouth that has been contaminated with the stool of an infected person. Rotavirus can be found on toys and hard surfaces in child care centers.
Exposure date to first signs of illness	Unknown.	9 - 10 days.	2 - 4 days.
Contagious time period (when the disease can be passed to others)	While lesions are present and untreated.	Unknown.	Rotavirus is present in stool before the onset of diarrhea and can continue to be contagious up to 8 days after symptoms subside.
Recommendation for attendance at care facility or school	Can attend while using anti-fungal treatment.	Should stay at home until well enough to participate in regular activities.	Should stay at home until at least 2 days after the illness has ended.
Reportable to health unit	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 or (1-877-721-7520).

Non-Reportable Illness	Scabies	Scarlet Fever	Strep Throat
Immunization availability	No vaccine available.	No vaccine available.	No vaccine available.
Signs and symptoms	<p>An infection of the skin.</p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • tiny red bumps • scratch marks or white, curvy, thread-like lines that are very itchy, especially at night • scratching may change the appearance <p>With scratching, areas may become:</p> <ul style="list-style-type: none"> • raw • crusted <p>Usually appears on the wrists, elbows, waistline, thighs, navel, genitals, abdomen and buttocks. Can be anywhere on body.</p>	<p>An illness caused by the bacteria streptococcus (which also causes strep throat).</p> <p>Symptoms may include:</p> <ul style="list-style-type: none"> • red rash over body which feels like sandpaper • strawberry tongue • flushed cheeks • high fever • nausea • vomiting <p>Must be treated with antibiotics or complications can occur.</p>	<p>An illness caused by the bacteria streptococcus.</p> <p>Symptoms may include:</p> <ul style="list-style-type: none"> • sudden onset of fever • sore throat with severe pain on swallowing • red throat • swollen tonsils • tender, enlarged nodes in the neck <p>Must be treated with antibiotics or complications can occur</p>
Spread (person to person)	By direct contact with skin or from objects like towels, clothing or bedding if used or touched right away by another person.	Through the air by droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.	Through the air by droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.
Exposure date to first signs of illness	Usually 4 - 6 weeks.	Usually 1 - 3 days, rarely longer.	2 - 5 days.
Contagious time period (when the disease can be passed to others)	Until mites and eggs are destroyed by treatment.	No longer contagious after 24 hours of antibiotic use.	No longer contagious after 24 hours of antibiotic use.
Recommendation for attendance at care facility or school	Can attend 24 hours after treatment has been started.	Can attend 24 hours after start of antibiotics.	Can attend 24 hours after start of antibiotics.
Reportable to health unit	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).	Not Reportable. Call Health Connection for more information at 721-7520 (or 1-877-721-7520).