

# A Guide for Caregivers



*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.*

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Canadian Pediatrics Society - Caring for Kids (2015). Illnesses & Infections. Retrieved 30 August, 2016, from <http://www.caringforkids.cps.ca/handouts/illnesses-index>

Heymann DL, editor. Control of Communicable Diseases Manual. 20th ed. Washington, DC: American Public Health Association; 2015.

Ontario. Ministry of Health and Long-Term Care. Infectious Diseases Protocol, 2016. Toronto, ON: Queen's Printer for Ontario; 2016 [cited 2016 Jun 1]. Available from: [http://www.health.gov.on.ca/en/pro/programs/publichealth/oph\\_standards/docs/infectious\\_diseases.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/infectious_diseases.pdf) [PDF]

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

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Reportable Illnesses	Chickenpox (Varicella)	Gastroenteritis	Rubella (German Measles)
<b>Immunization availability</b>	<p>Vaccine available.</p> <p>Children 12 months to 12 years of age who have not had chickenpox should receive 2 doses 3 months apart. Routinely given at 15 months and 4-6 years of age. For high risk individuals 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 4-6 years of age.</p>
<b>Signs and symptoms</b>	<p>A common preventable childhood illness caused by a virus.</p> <p>Signs and symptoms may include:</p> <ul style="list-style-type: none"> <li>• first begins with a fever, aches and pains</li> <li>• in a day or two, a rash appears that can be very itchy</li> </ul> <p>Rash:</p> <ul style="list-style-type: none"> <li>• start as flat pink spots that turn into small water blisters. Blisters dry up and form scabs in 4-5 days</li> </ul> <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"> <li>• diarrhea</li> <li>• vomiting</li> <li>• fever</li> <li>• abdominal cramps</li> <li>• dehydration</li> </ul> <p>Signs of dehydration include:</p> <ul style="list-style-type: none"> <li>• sunken eyes</li> <li>• persistent vomiting</li> <li>• decreased urine output</li> </ul>	<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"> <li>• low-grade fever</li> <li>• headache</li> <li>• swollen glands in the neck and behind the ears</li> <li>• rash</li> </ul> <p>Since this illness may be of concern to pregnant women, please call Health Connection to discuss this further.</p>
<b>Spread (person to person)</b>	<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>
<b>Exposure date to first signs of illness</b>	<p>Usually 14 - 16 days, occasionally as short as 10 or as long as 21 days.</p>	<p>Variable.</p>	<p>From 14 - 21 days.</p>
<b>Contagious time period (when the disease can be passed to others)</b>	<p>Usually 1 - 2 days before onset of the rash, and continuing until all lesions are crusted over (usually about 5 days).</p>	<p>While experiencing signs and symptoms of illness and possibly later while germs continue to be shed in the stool.</p>	<p>For about 1 week before, to at least 4 days after onset of the rash.</p>
<b>Recommendation for attendance at care facility or school</b>	<p>Stay at home until fever is gone i.e., no fever and child feeling well. "Spots" are not a reason to keep the child at home. Children are most contagious in the 1 – 2 days before the rash appears. By the time it's known that a child has chickenpox, it has likely already passed on to other children.</p>	<p>Child should stay home until symptom free for 24 hours. Certain bacterial infections (e.g. Shigella, E. coli.) may require exclusion until tests are negative.</p>	<p>Stay home until 7 days after the rash appears.</p>
<b>Reportable to health unit</b>	<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
<b>Immunization availability</b>	<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. Meningococcal C is routinely given after the first birthday. Meningococcal ACYW-135 is given in grade 7. 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>Men. B is available for certain high risk children 2 months to 17 years of age.</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 4-6 years of age.</p>
<b>Signs and symptoms</b>	<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"> <li>• headache</li> <li>• chills</li> <li>• cough</li> <li>• fever</li> <li>• runny eyes</li> <li>• stuffy nose</li> <li>• extreme weakness and fatigue</li> <li>• sore throat</li> </ul>	<p>An intense, sudden-onset illness caused by a virus or bacteria.</p> <p>Signs and symptoms may include:</p> <ul style="list-style-type: none"> <li>• fever</li> <li>• severe headache</li> <li>• vomiting</li> <li>• stiff neck</li> <li>• drowsiness</li> <li>• delirium</li> <li>• coma</li> <li>• irritability</li> <li>• rash</li> <li>• eyes may become sensitive to light</li> </ul>	<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"> <li>• fever</li> <li>• swollen glands in front of the ear to beneath the jawbone (one- third of infections do not have swelling)</li> <li>• swelling can occur in one or more glands</li> </ul>
<b>Spread (person to person)</b>	<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.</p> <p>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>
<b>Exposure date to first signs of illness</b>	<p>1 - 4 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>
<b>Contagious time period (when the disease can be passed to others)</b>	<p>May become infectious 24 hours prior to start of symptoms. Usually virus in mucus and in droplets stops within 7 days from the start of symptoms. This can be longer in young children being up to ten days.</p>	<p>Depends on the germ. Contact the health unit for more information.</p>	<p>Up to 7 days before onset of swelling to 5 days after onset of swelling. The virus may be in saliva up to 9 days after onset of swelling.</p>
<b>Recommendation for attendance at care facility or school</b>	<p>Stay home from 5 days after symptoms begin or until symptoms have resolved, whichever is shorter.</p>	<p>If symptoms develop, get emergency care immediately.</p>	<p>Stay home for 5 days after symptoms first appear.</p>
<b>Reportable to health unit</b>	<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	Measles (Rubeola)	Pertussis (Whooping Cough)
<b>Immunization availability</b>	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 4-6 years 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 booster is also given at 14 - 16 year olds. A one-time booster is also recommended for all adults. This one-time booster should replace one of their Td boosters recommended every 10 years.
<b>Signs and symptoms</b>	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.  Signs and symptoms may include: <ul style="list-style-type: none"> <li>• anxiety</li> <li>• difficulty swallowing</li> <li>• seizures</li> <li>• paralysis and death</li> </ul> Note: Once rabies symptoms develop the illness is almost always fatal.  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.	An intense, sudden-onset, highly-contagious viral disease with two stages of signs and symptoms that may include:  Stage 1: <ul style="list-style-type: none"> <li>• runny nose</li> <li>• cough</li> <li>• a slight fever</li> <li>• eyes sensitive to light</li> <li>• eyes are reddened</li> <li>• fever consistently rises</li> <li>• little white spots may appear in the mouth on the gums and inside the cheeks</li> </ul> Stage 2: <ul style="list-style-type: none"> <li>• high fever</li> <li>• red blotchy rash that begins on the face then spreads to entire body</li> </ul>	A bacterial illness of the respiratory tract with sudden onset.  First signs and symptoms may include: <ul style="list-style-type: none"> <li>• start similar to common cold</li> <li>• sneezing</li> <li>• runny nose</li> <li>• low grade fever</li> <li>• mild cough</li> </ul> Within weeks may have: <ul style="list-style-type: none"> <li>• severe coughing spells followed by a crowing or high-pitched whoop</li> <li>• Mucus discharge and vomiting may occur due to cough.</li> </ul>
<b>Spread (person to person)</b>	Rabies moves from an infected animal through the saliva by: <ul style="list-style-type: none"> <li>• biting</li> <li>• contact with the virus through an open cut, sore or wound</li> <li>• contact with the virus through mucous membranes (mouth, nose, eyes)</li> </ul>	Through the air by droplets from coughing and sneezing or direct contact with discharge from nose and throat.  Measles is very contagious. If you have not been vaccinated or already had measles, you will probably get it if you are in the same room as someone who has it.	Through contact with discharge from nose and throat from coughing and sneezing.
<b>Exposure date to first signs of illness</b>	In people it averages 3 - 8 weeks, and very rarely as short as a few days or as long as several years.	About 10 days, but may be 7-18 days from exposure to onset of fever.	Usually 9 - 10 days, although it may vary from 6 - 20 days.
<b>Contagious time period (when the disease can be passed to others)</b>	Animals may be infectious with the virus before displaying symptoms of rabies. Contagious time period varies between species.	From 4 days before the rash to 4 days after appearance of the rash.	Highly infectious in the early stages of runny nose and cough to 3 weeks after onset of whooping cough (paroxysms), if not treated. Or after 5 days of antibiotic treatment.
<b>Recommendation for attendance at care facility or school</b>	Rabies post-exposure treatment is available and must be given prior to symptoms developing.	Stay home for 4 days after the rash appears. This should apply whether the child had been previously vaccinated or not.	Stay home for 21 days after the onset of symptoms if untreated, or at least 5 days after child starts antibiotics.
<b>Reportable to health unit</b>	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. They may be caused by a virus or bacteria. Generally an outbreak is defined as two or more children and/or staff in the same classroom experiencing symptoms of gastroenteritis. Signs and symptoms include 2 or more of the following:</p> <ul style="list-style-type: none"> <li>• more than one episode of vomiting</li> <li>• more than one episode of diarrhea</li> <li>• fever</li> <li>• abdominal cramps / stomach aches</li> <li>• nausea</li> <li>• loss of appetite</li> <li>• bloody and/or mucous stools</li> </ul>	<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 an increase of respiratory illness above normal (baseline) levels for the centre or room.</p> <p>Signs and symptoms must include 2 or more of the following:</p> <ul style="list-style-type: none"> <li>• fever</li> <li>• cough</li> <li>• runny nose or sneezing</li> <li>• sore throat or hoarseness or difficulty swallowing</li> <li>• congestion</li> <li>• muscle aches</li> <li>• headache</li> <li>• chills</li> <li>• irritability</li> </ul>
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	During outbreaks, ill children and staff should stay home until symptom free for 48 hours. Certain bacterial infections (e.g. Shigella, E. coli.) may require exclusion until tests are negative.	During outbreaks, ill children and staff should stay home until 5 days from onset of symptoms or complete resolution of symptoms whichever is shorter
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	Herpes Simplex Virus (HSV)
Immunization availability	No vaccine available.	No vaccine available.	No vaccine available.
Signs and symptoms	<p>A mild viral illness that typically starts with:</p> <ul style="list-style-type: none"> <li>• a low-grade fever, headache and mild cold-like symptoms</li> <li>• a red rash on cheeks which looks like a slap. Often referred to as "slap-cheek syndrome"</li> <li>• 1 – 4 days later, a red lace-like rash appears, first on the arms, then on the rest of the body</li> <li>• Rash comes and goes for 1 to 3 weeks</li> </ul> <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"> <li>• fever</li> <li>• headaches</li> <li>• loss of appetite</li> <li>• painful ulcers in the mouth</li> <li>• sore throat</li> <li>• lack of energy</li> <li>• a skin rash that looks like red spots, often with small blisters on top, that appears on the hands (palms) and feet (soles), buttocks and sometimes other places on the body.</li> </ul>	<p>During the initial infection children and adolescents may not display any symptoms.</p> <p>Signs and symptoms may include:</p> <ul style="list-style-type: none"> <li>• fever</li> <li>• irritability</li> <li>• tender and enlarged glands below lower jaw</li> <li>• sores on the mouth that last for a week or more - usually outside the mouth - on lips, nose, cheeks or chin. If inside the mouth - usually on the gums or roof of mouth</li> </ul>
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>The virus is found in the saliva, blister fluid and stool of an infected person. It can be spread 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>	Through contact with infected secretions or mucous membranes/skin with lesions from someone who is ill. Transmission of can also occur by respiratory droplets
Exposure date to first signs of illness	Variable 4 - 20 days.	3 - 5 days.	2-12 days.
Contagious time period (when the disease can be passed to others)	Infectious starting from a few days before onset of the rash until the rash has faded, usually a span of 1 week to 10 days. .	Most infectious during the first week of illness. The virus can be shed in throat secretions for up to 2 weeks and in the stool for up to 11 weeks after onset of infection.	Infectious for at least a week during the first infection. Recurrences are less contagious for a shorter time.
Recommendation for attendance at care facility or school	Can attend if not suffering from fever and well enough to participate in daily activities. .	<p>Children may attend child care after the fever has gone and as long as they are well enough to participate in programming and activities regardless of the rash.</p> <p>Exclusion of ill children may not prevent more cases because the virus remains in the body for weeks after the infected person's symptoms have gone away.</p>	<p>Can attend with simple cold sores.</p> <p>A child with mouth ulcers who is drooling should be excluded until they are well enough to eat and participate comfortably in all program activities.</p> <p>People with lesions should not have contact with newborns, children with eczema or burns, or immunocompromised people.</p>
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	Head Lice	Impetigo	Middle Ear Infections (Otitis-media)
<b>Immunization availability</b>	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. Pneumococcal Conjugate 13 is offered as a part of the routine infant schedule at 2, 4 and 12 months of age and is also available for high risk children ages 24-59 months.
<b>Signs and symptoms</b>	<p>Signs of head lice may include itching of the scalp. Nits (eggs) are whitish-gray, tan or yellow in color approximately the size of a grain of sand. Once the nits hatch, they are tiny insects 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.</p> <p>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>	<p>A common bacterial skin infection caused by the bacteria Group A streptococcus (the same bacteria that causes strep throat).</p> <p>Symptoms include:</p> <ul style="list-style-type: none"> <li>• a rash with a cluster of red bumps or blisters</li> <li>• the blisters may ooze or be covered with honey-coloured crust</li> </ul> <p>Usually affects:</p> <ul style="list-style-type: none"> <li>• face</li> <li>• hands</li> <li>• neck</li> <li>• arms/legs</li> </ul> <p>**Will spread through scratching.</p>	<p>A common infection in children caused by viruses or bacteria. Only some children develop ear infections from these germs when the tube connecting the middle ear to the back of the throat becomes inflamed. Inflammation can be caused by a recent illness like a cold or by exposure to irritants such as second-hand smoke or allergies.</p> <p>Symptoms may include:</p> <ul style="list-style-type: none"> <li>• complaining that "ear hurts"</li> <li>• an unexplained fever</li> <li>• being cranky</li> <li>• trouble sleeping</li> <li>• trouble hearing quiet sounds</li> <li>• tugging or pulling of ears</li> </ul> <p>Some children may also have fluid draining from the ear</p>
<b>Spread (person to person)</b>	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.	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.
<b>Exposure date to first signs of illness</b>	May last up to several weeks.	Usually 1 - 3 days, rarely longer.	Depends on the germ.
<b>Contagious time period (when the disease can be passed to others)</b>	<p>As long as live lice or live nits remain on the infested person or belongings.</p> <p>Nits that are more than 1 cm away from the scalp are empty shells and are not a source of re-infestation.</p>	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. However, the germs that may cause ear infections such as coughs and colds are contagious. The contagious time period depends on the germ.
<b>Recommendation for attendance at care facility or school</b>	Policies vary – check with your school or child care centre.	May attend 24 hours after antibiotic treatment started.	Can attend. May require antibiotics.
<b>Reportable to health unit</b>	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	Norovirus	Pinkeye (Conjunctivitis)	Pinworms
Immunization availability	No vaccine available.	No vaccine available.	No vaccine available.
Signs and symptoms	<p>A viral infection that is a common cause of enteric outbreaks. Symptoms begin suddenly and last 24 to 72 hours.</p> <p>Most common symptoms include:</p> <ul style="list-style-type: none"> <li>• nausea</li> <li>• vomiting</li> <li>• diarrhea</li> <li>• stomach cramps</li> </ul> <p>Symptoms can also include: a low-grade fever, chills, headache, muscle aches and fatigue. The most common complication is dehydration.</p>	<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"> <li>• scratchy feeling in the eye(s)</li> <li>• pain in the eye(s)</li> <li>• lots of tears and/or thick sticky drainage from the eye(s)</li> </ul> <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"> <li>• itching around the anus</li> <li>• disturbed sleep</li> <li>• intense itching, mostly at night</li> </ul>
Spread (person to person)	<p>Norovirus is found in the stool and vomit of an infected person. It is very contagious and can be easily spread through direct contact with an infected person, touching surfaces that have been contaminated or through contaminated food or water. The virus can last on environmental surfaces for long periods of time.</p>	<p>Direct contact: when a child with pinkeye touches the discharge from his eye and then touches another child.</p> <p>Indirect contact: when an object that is contaminated with the virus, such as a tissue, is touched or touches another person's eyes.</p> <p>Droplet: when pinkeye is caused by a common cold, droplets from a sneeze or cough can also spread it.</p>	<p>The eggs can be transferred onto the hands of an infected individual through scratching. These eggs can then be transferred directly through touching another person's mouth or indirectly by contaminating shared objects, bedding or food. Eggs can live for 2 weeks outside of the body,</p>
Exposure date to first signs of illness	12-48 hours	Depends on the germ. Symptoms typically develop in 24-72 hours for bacterial infections and 5-12 days or longer for viral infections.	1 - 2 months or longer.
Contagious time period (when the disease can be passed to others)	Virus is most contagious while individuals are experiencing symptoms however virus may be spread for 2-3 weeks after symptoms have ended.	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.
Recommendation for attendance at care facility or school	Should stay at home until at least 48 hours symptom-free. Exclusion period may be increased during an outbreak.	Most conjunctivitis are viral (like a cold), and therefore 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.
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	Respiratory Syncytial Virus (RSV)	Roseola Infantum (Exanthema Subitum)	Rotavirus
<b>Immunization availability</b>	No vaccine available.  However, there are prophylactic drugs that can be given to high risk infants. Refer to the child's health care provider for more information.	No vaccine available.	Oral vaccine is available and publicly funded. Routinely given at 2 and 4 months of age.
<b>Signs and symptoms</b>	In infants and young children, RSV is the most common cause of bronchiolitis and pneumonia.  Signs and Symptoms may include: <ul style="list-style-type: none"> <li>• lethargy</li> <li>• irritability</li> <li>• poor feeding</li> <li>• sometimes accompanied by apneic (periods of not breathing) episodes</li> </ul> Almost every child will be infected at least once by 2 years of age, and reinfection is common.	A viral illness that is most common between 6 months and 2 years of age.  Signs and symptoms may include: <ul style="list-style-type: none"> <li>• at first a high fever lasting 3 - 5 days</li> <li>• then a rash of small pinkish-red spots appears, mainly on the trunk and then later on the rest of the body</li> <li>• rash can last hours to up to 2 days, then fades rapidly</li> </ul>	A viral infection that causes gastroenteritis.  Sign and symptoms may include: <ul style="list-style-type: none"> <li>• onset of fever and vomiting</li> <li>• watery diarrhea 24 to 48 hours later. Symptoms generally persist for 3 to 6 days. In severe cases, dehydration can occur.</li> </ul>
<b>Spread (person to person)</b>	Transmission occurs through direct or close contact with contaminated secretions.	Spread to young children is likely to occur from contact with respiratory tract secretions of people infected with the virus. Some may be infected but not show any symptoms.	Transmission is by person-to-person spread via the fecal-oral route or through contaminated food or water. Rotavirus can be found on toys and hard surfaces in child care centers.
<b>Exposure date to first signs of illness</b>	2-8 days; 4-6 days is most common.	10 days with a usual range of 5-15 days.	1-3 days.
<b>Contagious time period (when the disease can be passed to others)</b>	People infected with RSV are usually contagious for 3 to 8 days. However, some infants and people with weakened immune systems can be contagious for as long as 4 weeks.	Unknown.	Children can be infectious before the start of symptoms, most infectious during the diarrheal stage, and are typically no longer infectious after 8 days.
<b>Recommendation for attendance at care facility or school</b>	Can attend if not suffering from fever and well enough to participate in daily activities.	Should stay at home until fever free and well enough to participate in regular activities.	Should stay at home until 48 hours symptom-free. Exclusion period may be increased during an outbreak.
<b>Reportable to health unit</b>	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	Molluscum Contagiosum	Scabies	Group A Strep. (Scarlet Fever and Strep Throat)
Immunization availability	No vaccine available.	No vaccine available.	No vaccine available.
Signs and symptoms	<p>A common, mild skin disease caused by a pox virus. Although Molluscum can occur at any age, it is most common in children 1 to 10 years of age.</p> <p>Smooth, shiny pinkish-white bumps with a dip in the middle and a cheesy material inside, found anywhere on the body.</p>	<p>An infection of the skin.</p> <p>Symptoms include:</p> <ul style="list-style-type: none"> <li>• tiny red bumps</li> <li>• scratch marks or white, curvy, thread-like lines that are very itchy, especially at night</li> <li>• scratching may change the appearance</li> </ul> <p>With scratching, areas may become:</p> <ul style="list-style-type: none"> <li>• raw</li> <li>• crusted</li> </ul> <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 Group A streptococcus. Illness can result in Scarlet Fever or Strep Throat.</p> <p>Complications as a result of untreated Group A Strep. Infections are rare.</p> <p><b>Scarlet Fever:</b></p> <p>Symptoms may include:</p> <ul style="list-style-type: none"> <li>• red rash over body which feels like sandpaper</li> <li>• strawberry tongue</li> <li>• flushed cheeks</li> <li>• high fever</li> <li>• nausea</li> <li>• vomiting</li> </ul> <p><b>Strep Throat:</b></p> <p>Symptoms may include:</p> <ul style="list-style-type: none"> <li>• sudden onset of fever</li> <li>• sore throat with severe pain on swallowing</li> <li>• red throat</li> <li>• swollen tonsils</li> <li>• tender, enlarged nodes in the neck</li> </ul>
Spread (person to person)	Transmitted by direct contact with the skin of an infected person. Scratching can also spread the infection however it doesn't spread easily from person to person and outbreaks are rare.	By direct contact with skin or from objects like towels, clothing or bedding if used or touched right away by another person.	Through large respiratory 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	7 days to 6 months	Usually 2-6 weeks.	Usually 1 - 3 days, rarely longer.
Contagious time period (when the disease can be passed to others)	Unknown	Until mites and eggs are destroyed by treatment.	No longer contagious after 24 hours of antibiotic use.
Recommendation for attendance at care facility or school	Can attend.	Children can attend 24 hours after first treatment has been completed.	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).